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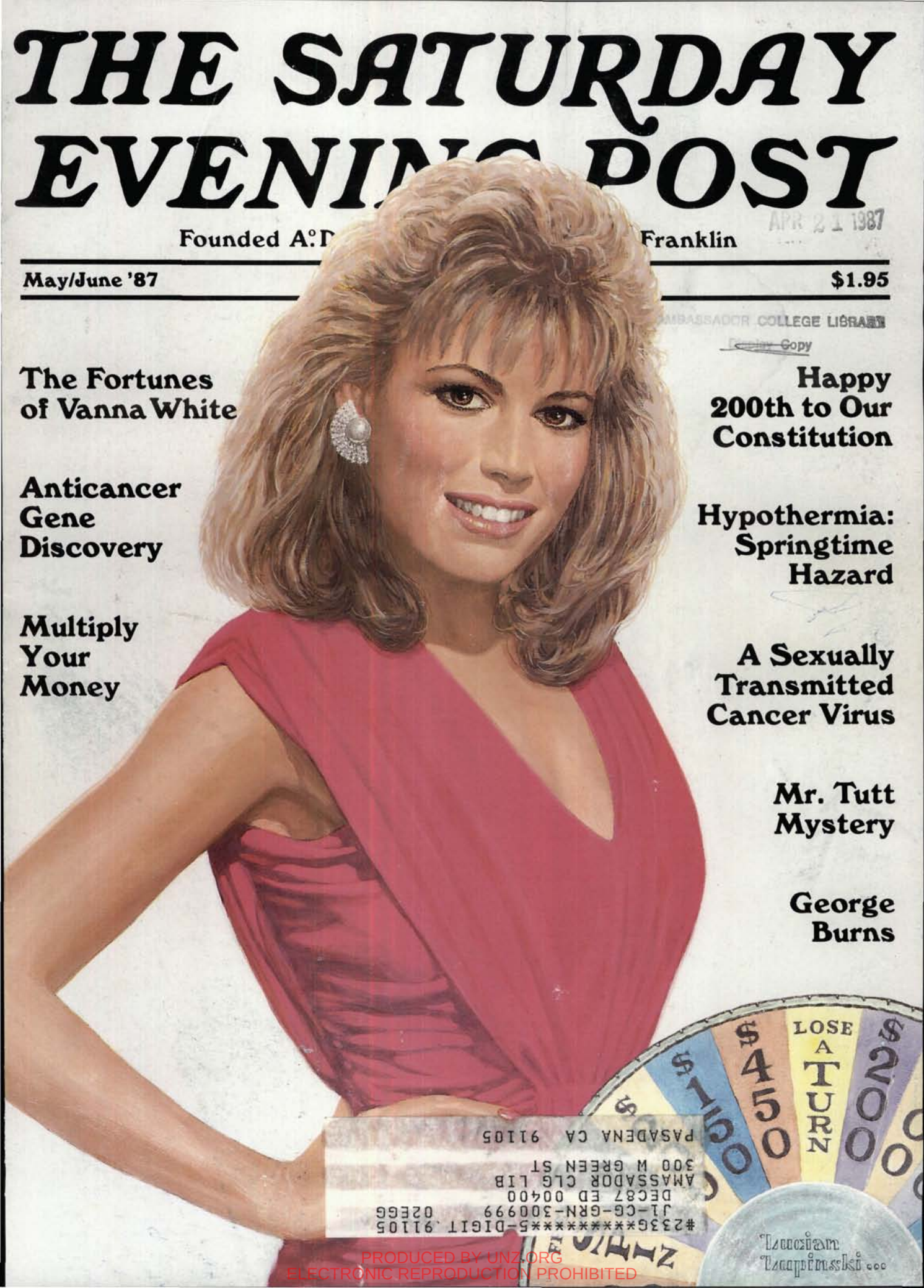

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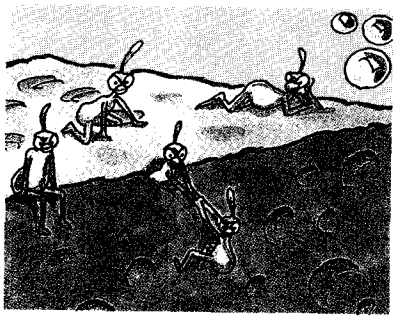
Vanna White Is Still Spinning—from her instant celebrity as the "Wheel of Fortune" hostess. **42**



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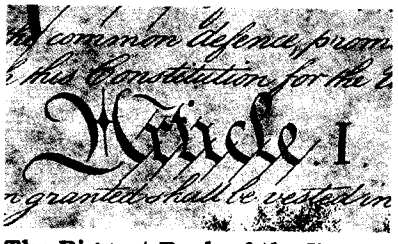
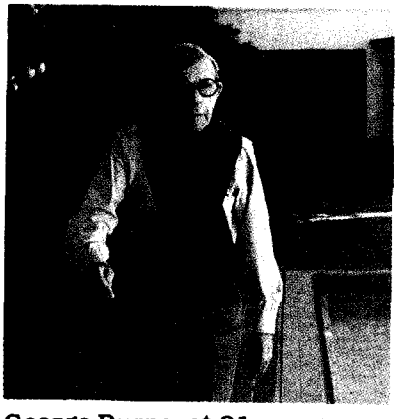


The Biggest Bash of the Year—will celebrate our Constitution's 200th birthday. **54**



George Burns, at 91—wants people to say of him in 100 years: "He sure looks good for his age." **58**

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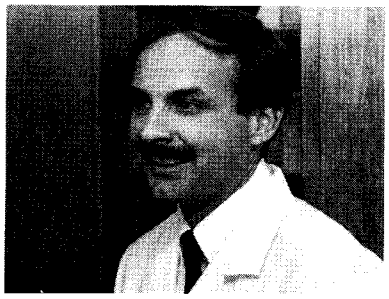

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Your Pet's Health—could depend upon a prescription diet that fits its special condition. **20**

Venita VanCaspel—tells how to make the most of your money. **30**

Letters

Questions for Julie

Thank you so much for your recent articles on the "young" Eisenhowers (Jan./Feb. and March '87). As a contemporary of theirs, I have always been interested in them, especially Julie. One point in your March issue, therefore, has struck my curiosity. On page 70, it states that in 1971 Julie went to work as a teacher in Washington. I moved from California to Florida around that time, and I very clearly remember hearing and reading that David and Julie were living *here*, in Atlantic Beach, Florida. I also heard the story about her foot being broken by a load of books. My eight-year-old son now attends the same school, Atlantic Beach Elementary, that I had heard she taught at.

Could you please check with Julie on this? I really would like to know how they liked living here and if they ever come back to visit.

Please let me know, as this has always interested me.

Janet McIlroy
Neptune Beach, Florida

Editor's note: Julie Eisenhower talks in her book, Pat Nixon: The Untold Story, *about their years when David was in the navy and they lived in Atlantic Beach. We're forwarding your letter to her, and we're sure you'll hear from her.*

Thanks Barry Much

Thank you for your article "A Few Words About Public Speaking" by Dave Barry (Jan./Feb. '87). It was very amusing and gave me a different outlook on speaking to an audience. I am a sophomore at South Aiken High School, where we just started a unit on public speaking. As my first assignment drew near, I was very nervous. After I read your article, I found myself feeling more comfortable when I thought about your techniques. I learned the key ingredients for giving a good speech—be yourself and act naturally—thanks to your article!

Stephanie N. Holloman
Aiken, South Carolina

Free from Cancer

I wish to thank you from the bottom of my heart for "saving" my

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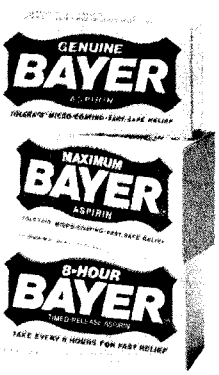

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brother-in-law's life. I pass your wonderful magazine on to my sister, an R.N.

During the past year, her husband read your informative article on melanoma (Sept. '86). He insisted on a test from his skeptical family doctor after discovering a mole on his back that seemed abnormal.

The surprise came to us when the test revealed that it was malignant melanoma, the type that is fast growing. How we praise God that it was caught "in the bud," before it had spread below the skin to other organs.

My brother-in-law recently said, "I'm the luckiest man alive." (I wonder how many more lives your informative articles have been instrumental in saving!) Anyway, because of *The Saturday Evening Post*, he is cancer free, well, and alive! Keep up the good work! God bless!

Marlene Hershey
Gap, Pennsylvania

Pushing the Panic Button

Thank you for the article "Pushing the Panic Button" (March '87). The article deals realistically with the health problems smokers can expect.

How about an article about those of us who have allergies and cannot tolerate cigarette smoke but are forced to breathe polluted air? You could list some of the reactions that the allergic person can have, such as sick headache, lack of breath, and sore throat, to name a few.

Maybe the smokers would be a little less selfish if they realized what their habit was doing to others.

Wynona Arnett
Des Moines, New Mexico

Editor's note: I wish you could read the many letters we get from those who are allergic to smoke. Many emphysema patients can't fly because of smoke in the cabin.

Paul SerVaas (right), the author of "Pushing the Panic Button," presented his idea for adding a piece of Nicorette to every cigarette pack to Surgeon General C. Everett Koop. Protested Dr. Koop, still the pediatrician, "But what about abuse by the kids who would now smoke and chew at the same time to get a double nicotine high?"

Paul countered that in Europe, where nicotine gum is sold over the counter, such problems haven't been noted.

"Hope you like the changes. I replaced all the kissing stuff with car-chase scenes."

Migraine Gone

I just wanted to tell you how I praise the Lord for magnesium that has helped my migraine headaches.

I saw in the *Post* magazine that it had helped a lot of people, so I decided to give it a try.

I have not had a bad headache for over three weeks. (I've had them for 20 years.)

I used to have one every week. Sometimes they would last two or three days. I would be real sick, and after it left I would be real weak.

I'm telling everyone I know that have bad headaches.

I'm glad to send a contribution for cancer and heart disease. Thanks again.

Marjorie Golden
Ft. Washington, Maryland

Shingles from Herpes Virus

I wish to ask you something. The doctor told me that I have shingles and that there is nothing to be done about them. He said that they are related to chicken pox, so I should not go near anyone who had never had chicken pox. I said, "They are a form of herpes," but he said, "No, they are related to chicken pox."

Anyway, the shingles have left me very quickly. You see, I read your magazine from cover to cover, and I read what you had written about herpes, and since my mouth had been continually full of sores, I got some L-lysine and have been taking it faithfully every day—twice a day for about two years. I wonder if the shingles left because of the L-lysine.

I am allergic to antibiotics, but the doctor gives them to me anyway. The last time I had antibiotics, every time I took an antibiotic pill, I also took a lysine pill, and the sores did not come in my mouth and throat as was usual for me when I took antibiotics.

Now, I wonder if the L-lysine also took away my shingles or if the doctor made a wrong diagnosis of my case. (The pain was excruciating, which was the reason I went to the doctor in the first place.)

H. Lucille Piper
Ronan, Montana

Editor's note: Both chicken pox and shingles are caused by a herpes virus. Thank you for sending us your case

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history about shingles. Dr. Richard Griffith of Indiana University Medical Center uses lysine for treating shingles and other herpes virus afflictions. We are forwarding your letter to him for his information and response.

Ultrasound for Prostate

I am interested in learning more about the availability of a prostate "manogram" as well as to when your proposed MaleMobile will begin to operate and in what geographical areas it plans to operate. I have read information about this subject in the Jan./Feb. '87 issue of the *Post*.

Now doctors at the Watson Clinic say I have no evidence of cancer by digital exam, but they also say this exam *can* miss a cancer.

I am writing the Roswell Park Memorial Institute in Buffalo for availability of this exam, as we spend summers in New York state.

Thank you in advance for any information you may send.

L. Wayne Seaman
Zephyrhills, Florida

Editor's note: The MaleMobile ultrasound equipment has been ordered and will be installed in a 34' Barth motor van to make it possible to screen men for prostate and colon cancer. We will notify you by mail when it will be in the Florida area.

In your case, you are wise to have an ultrasound scan at Roswell Park. This safe procedure can discover some prostate cancers that the digital rectal exam can't. We believe both should be done for maximum safety.

MALE ULTRASOUND TECHNOLOGIST WANTED

The Society is searching for male ultrasound technologists who would be interested in traveling with the MaleMobile as soon as it is equipped. This mobile van will administer prostate and colon cancer prevention tests on board, in much the same manner as the Mammobile has done for breast-cancer tests.

If you are a male ultrasound technologist who would like to help in this important medical mission, please write to Cory SerVaas, M.D., 1100 Waterway Blvd., Indianapolis, Indiana 46202.

"Lottery winners, I presume?"

Security Breach

The article "Home, Secure Home" in your April issue contains incorrect information regarding Honeywell home-security services. Our customers' systems are monitored *exclusively* by Honeywell employees. We do not utilize answering services. The monthly fee for our monitoring service is $24, not $15 to $50 as indicated.

William G. Dunphy
Honeywell Protection Services
Minnetonka, Minnesota

Not Leprosy

Thank you for your article in the October '86 issue called "'Did This Doctor Cure His AIDS?" and especially the part about treating mono with lysine. Our son Nick had mono last fall at Auburn University, and you would have thought he had leprosy. His fraternity didn't want him eating at the house, among other things. Needless to say, when my husband called him after reading the article in the *SatEvePost* recommending him to take lysine, he made a very quick recovery.

May the Good Lord bless your publication with new subscribers and new interested people. Please send me any previous articles on lysine as an antiviral substance.

M.D. Costanzo
West Des Moines, Iowa

Migraine Sympathizer

I sympathize with Robert J. Schmidt from Mountain Home, Arkansas, who wrote about numerous headaches he has suffered (Ap. '87). Although my headaches weren't as frequent as his, I have been plagued my whole life with debilitating headaches.

But for the first time in many years, their frequency and intensity have diminished. I am now nearly 52, and at age 49 I had a mastectomy, after a period of about seven years when my headaches worsened, and I apparently was depressed as well. Following my surgery, I elected to change my diet to one of a vegetarian, to take vitamin and mineral supplements, and experienced an induced menopause, to name but three of the changes in my life.

A side benefit has been a drastic decrease in severity and frequency of

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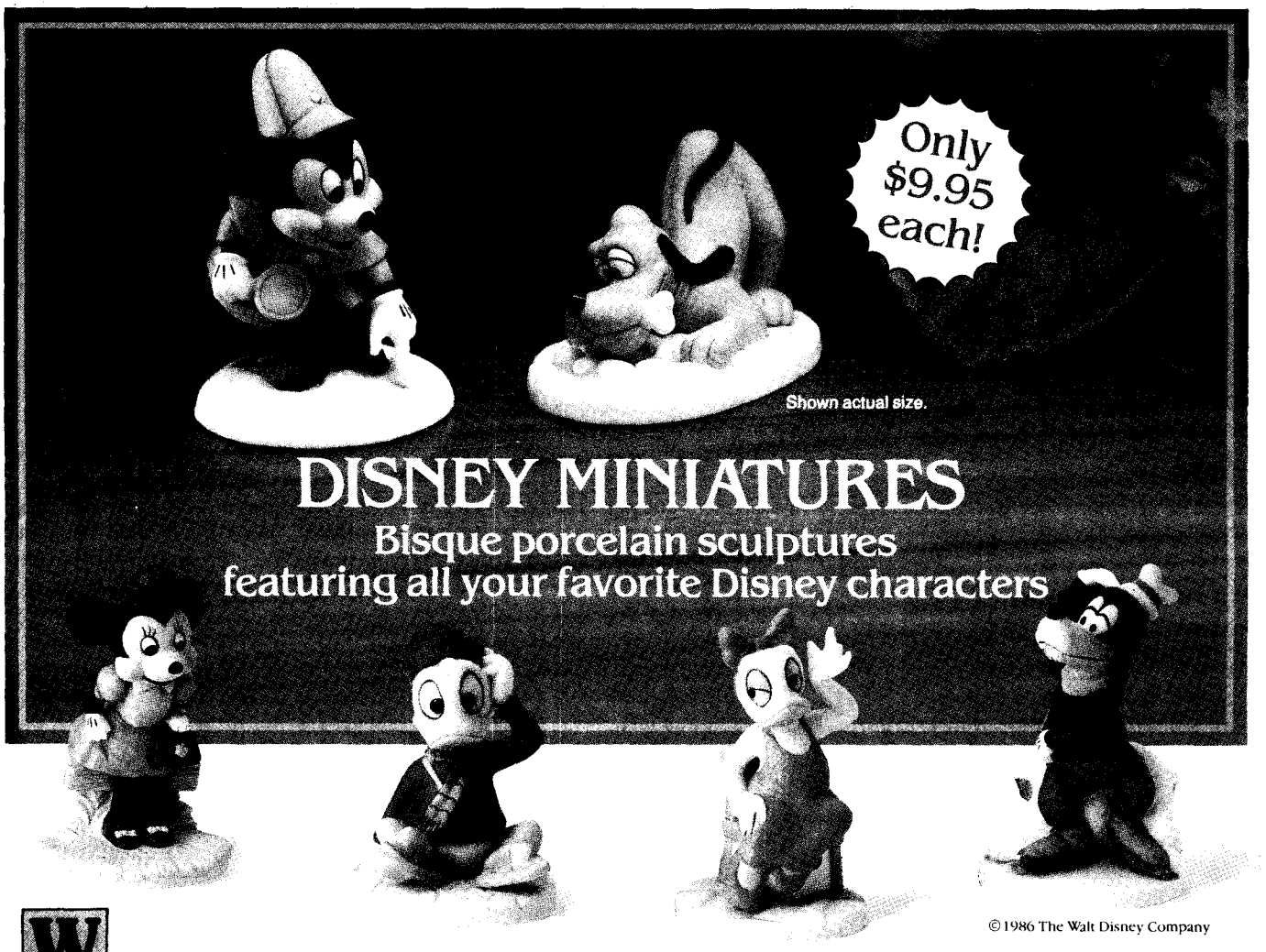

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Please enroll me as a member of The Disney Miniature Collectors Club and send me my first miniature sculpture. I need send no money now. I will be billed upon shipment for $11.45* ($9.95 plus $1.50 shipping and handling). Or, I may choose to charge my credit card, as indicated. If I am not completely satisfied, I may return the sculpture within 14 days at your expense, and owe nothing.

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my headaches. Maybe this information can be of benefit to Mr. Schmidt; I certainly hope so because those who have not had headaches couldn't possibly understand how they affect the quality of life.

Gayle Cranford
Hermitage, Pennsylvania

Nicotine Gum in Every Pack?

"Pushing the Panic Button" (Mar. '87) looks like a great way to help smokers who want to stop offending the public. But I doubt if it could ever get passed.

We've been trying to get a law going in Illinois like the one in New York state. No luck so far.

Jim Nelson
Chicago, Illinois

Editor's note: Don't give up. After several attempts, the Indianapolis City-County Council passed a unique no smoking ordinance with a healthy majority.

If a smoker is caught lighting up in a no smoking area in an Indianapolis public building, he won't end up in the poky, but he might *be sentenced to three hours as a volunteer in a lung-cancer ward or hospice. Another penalty the Indianapolis judges may impose is a three-hour stint in a free smoking cessation clinic.*

The new city ordinance took effect April 1 this year.

Cartoon Blooper

Are you not successful enough in your profession that you must downgrade another in his? I refer to the cartoon on page 106 in the October issue of the *SatEvePost* about chiropractic clinics. Shame on you.

If something in my back or neck snaps out and I can't raise my arm or turn my head because of the pain, the M.D. says put packs on and rest your neck and arm until it is better. When I protest, I am told, "You'll just have to live with it."

If I go to a chiropractic clinic, my back is adjusted in such a way that I can turn my head and raise my arm immediately, and within two days all soreness has left.

I hope you are fair enough to print this in your magazine.

Alice Paul
Leavenworth, Washington

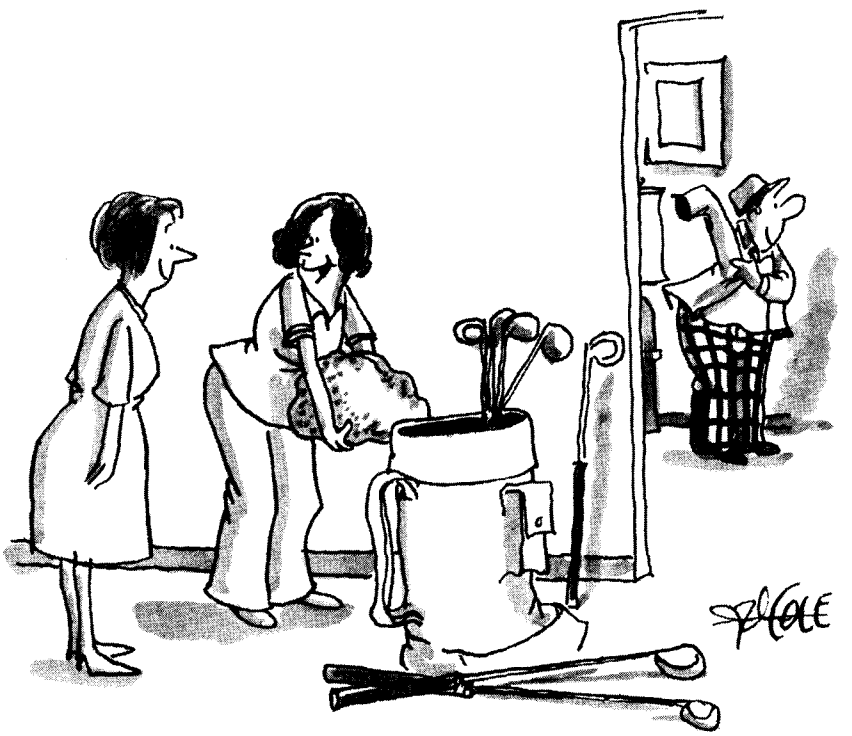
Love in the Quilting Years

Seventy years ago my father took your magazine and lived for the delivery of yet another Norman Rockwell cover. I still hear him laughing over the antics of Rockwell's children, but I fell in love with the stories, in particular, Ailanthus. I hoped to marry him when I grew up, but that's another story. I've forgotten why I failed to continue taking your magazine—World War II and the armed service, hospital work, marriage and children, something like that, I guess.

Anyway, now in my quilting years, I saw your subscription ad and said, "What the heck, why not?"

Imagine, it's as if an old forgotten friend has come home! The same old magazine, the same kind of cartoons (where's Hazel?), still Post Scripts, and wonder of wonders, a story!

Vivian G. Hodge
Imperial, Missouri



"I always put this in when I want him to come home after nine holes."

NOTICE

As we go to press, our Mammobile is in Houston, Texas, where mammograms are being given to our members in that area who have not had this procedure done.

Letters have been sent to our subscribers and members in the Houston area inviting them to call the Second Baptist Church secretary to make appointments for their mammography.

The Mammobile is on location in the parking lot of the splendid new Second Baptist Church at 6400 Woodway Drive, and thanks to the Reverend Ed Young's pulpit announcements, a large number of women have responded.

After we have finished there, the Mammobile will proceed to Dallas. Letters are being mailed to our members in the Dallas area giving them the addresses of the churches where we will be located.

As a result of our request last month for radiologic technologists, we have selected Glenda Martin, R.T., of Red Lodge, Montana, to join our growing medical team. We are hopeful of finding radiologic technologists in Texas, Indiana, and Florida at present.

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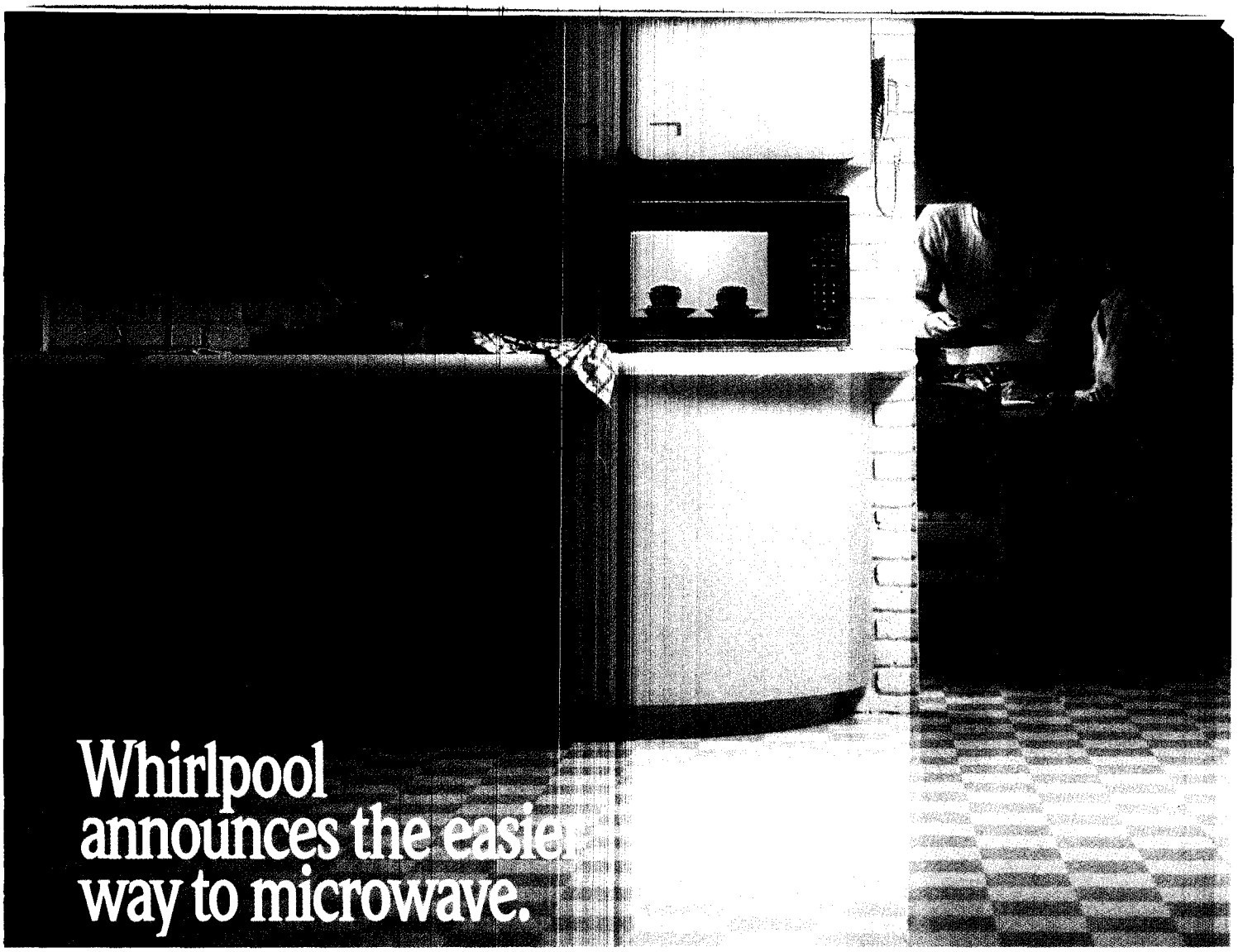

Whirlpool announces the easier way to microwave.

We just made Whirlpool microwave cooking better than fast. Because our newest microwave oven combines all the most innovative features to make cooking easier than ever before.

Our exciting new Auto Sensor automatically cooks food right—and shuts itself off. This new Whirlpool® microwave oven makes it simple to program your cooking. In fact, for the first time, a Whirlpool microwave oven will actually do it for you. Our Auto Sensor works without a temperature probe and automatically cooks food just right. Then it shuts off. Now that's easy.

Our Balanced Wave system cooks food evenly without constant turning. Whirlpool microwave ovens have been designed to distribute energy to all parts of the oven, so food cooks evenly without constant rotation. And because there's no need to use a turntable, you have more usable space inside for large rectangular dishes.

More features that make microwave cooking easier than ever. Our Quick Defrost thaws frozen foods 40% faster than our standard defrost. The Whirlpool Bi-Level cooking shelf lets you cook several items at once. And our Keep Warm setting keeps food ready until you're ready to eat. All of which makes this Whirlpool microwave oven our easiest to use ever.

A promise of quality we stand behind. Every Whirlpool microwave oven is backed by our promise of good, honest quality. And we stand behind that promise with helpful programs like our toll-free, 24-hour Cool-Line® telephone service to help you with problems or questions. Just call 800-253-1301. It's one more way we can make your world a little easier.

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Home Appliances
Making your world a little easier.

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How to enjoy your salary long after you've stopped working.

At 6:37 the alarm rings. And you're up and running. To the train. To a meeting. To the client. And before you know it another day's gone by. Another month. Another year. Until one day you wake up to the fact that you've been working 20 years.

Halfway to retirement. Something you've been too busy to think about. But the time to plan for retirement is now, while you're still working.

IDS Financial Services will help you plan for a comfortable retirement

Not by giving you hot investment tips.
Or by cutting back on your current lifestyle.

By sitting down, one-to-one, with a highly skilled IDS Personal Financial Planner. That's how IDS, an American Express company, has been helping people for nearly 100 years.

How IDS can help you live better today and tomorrow

First you and your IDS Planner meet to discuss your current situation and retirement goals. IDS has a range of uniquely designed financial planning services to meet the goals you set. One is our Retirement Income Analysis, a remarkable innovation that projects your retirement expenses and earnings and investment income.

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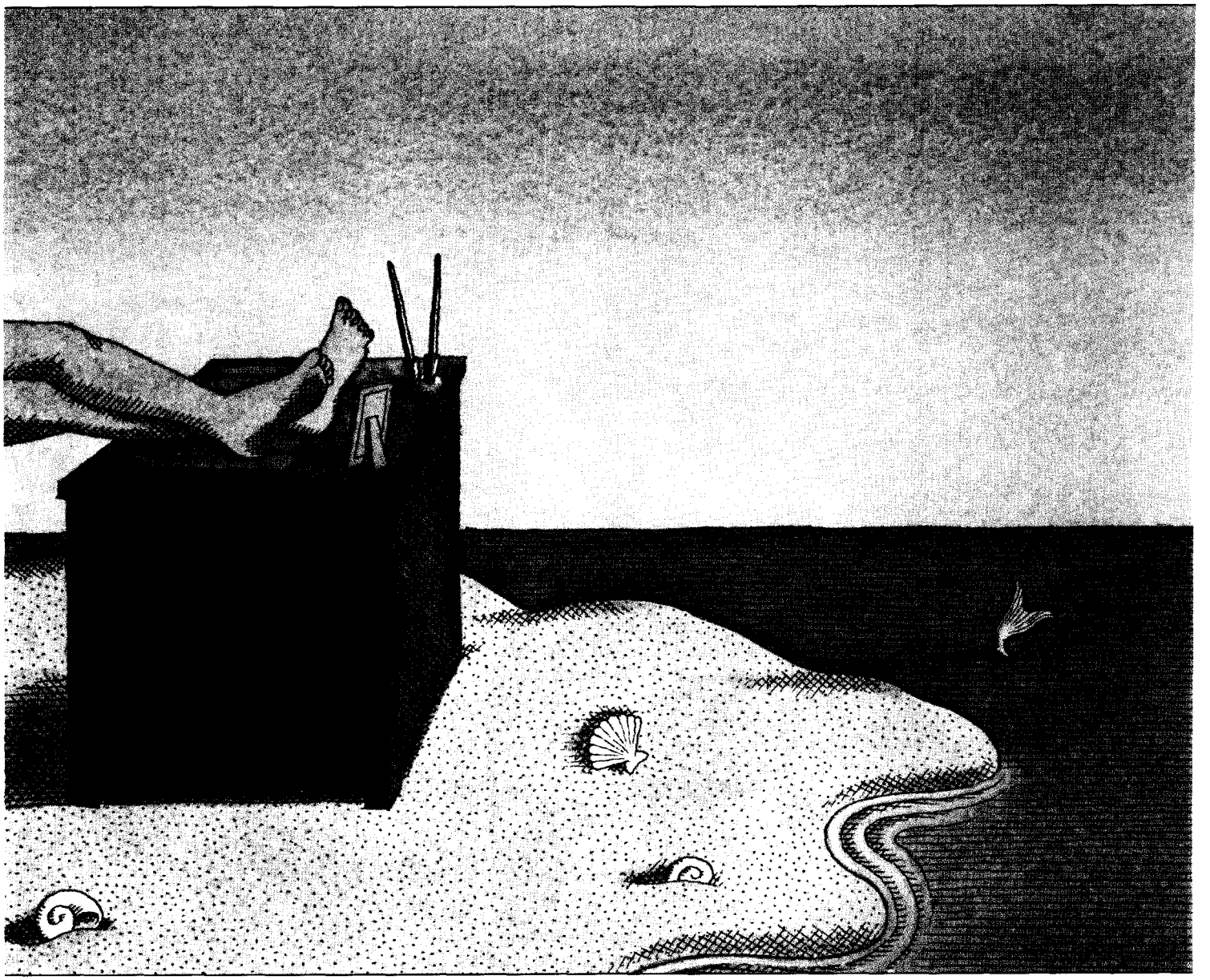

Using that information, your IDS Planner develops a custom-prepared recommendation. In it you'll find plenty of tax savings ideas that can help you live better today. And a wide range of investment options.

So when your paycheck stops coming, your income won't.

You can meet with an IDS Planner for a free thirty-minute consultation. It's pressure-free. And confidential. Just send in this coupon or call 1-800-437-4332.

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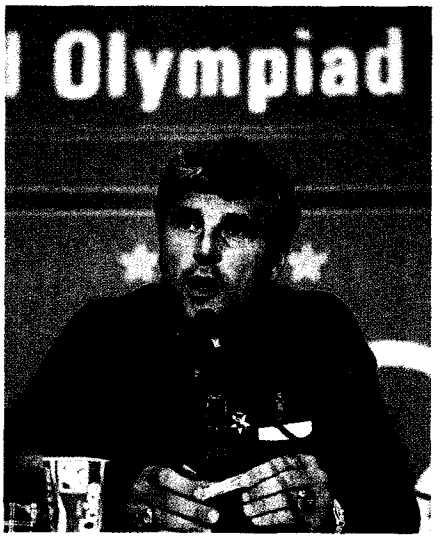
Post People

At 53, ***Larry King*** had it all: the top-rated show on CNN; a highly acclaimed late-night radio program; a popular *USA Today* column; and an escalating number of speaking engagements. He also had a three-pack-a-day cigarette habit. After a February 24 CNN interview, Surgeon General C. Everett Koop told King the habit "will kill you." King suffered a heart attack later the same day. Larry now vows: "I, for one, will never smoke again!"

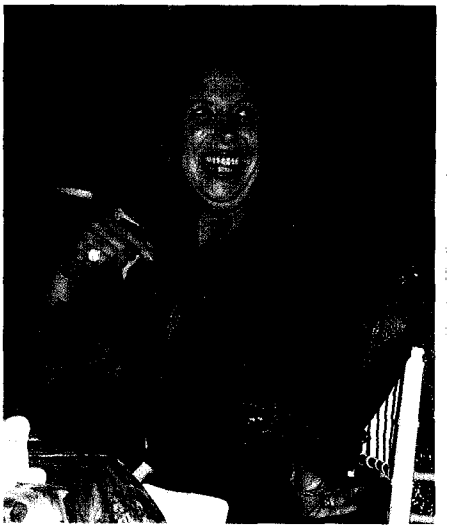
On the set of his current movie, *Little Nikita*, ***Sidney Poitier*** recounts the demands of a double role as both actor and director: "You work half the night on your shot list. But after finishing two or three, other shots suggest themselves. You are the one who gets to answer all [the questions]."

The Oscar-winning actor can now sit back in a warm dressing room and talk about matters that really interest him. "As a director," he says, "I couldn't do that for months."

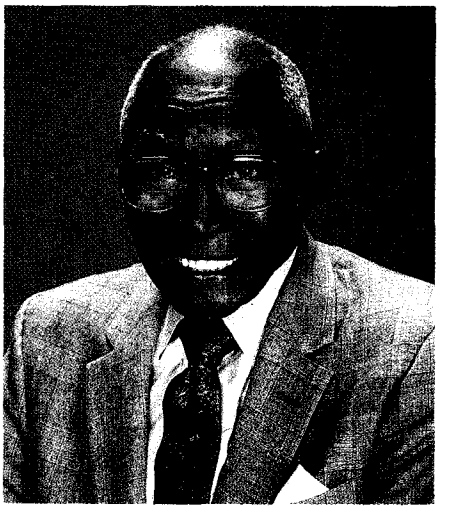


When Auburn University coach Sonny Smith suddenly went blind in his left eye before an NCAA Tournament game with Indiana University in Indianapolis last March, I.U.'s often cantankerous coach, ***Bob Knight***, showed his better side. Knight abandoned his own game preparations to find Smith the best doctor in town.

"He stayed with me and didn't even go to his practice," Smith said.



Having retired as an opera singer with $7.5 million of contracts still ahead of her, ***Beverly Sills*** is one for the books. *Bubbles* was a 1976 best seller. Her latest, *Beverly*, promises to sell even better. She leaves nothing out. Not her first child, eventually found to be deaf; nor her second child, retarded; nor her family; nor a bout with cancer. Nor such subjects as anti-Semitism, antifeminist biases, and demystifying opera.



At 85, ***Jester Hairston*** won't be found sitting in a La-Z-Boy and looking at a picture album of a career well-spent: he's currently portraying Rolly Forbes on NBC's "Amen." He also serves as a good-will ambassador around the world for the State Department.

Should Hairston ever retire, his La-Z-Boy reminiscences will include: landing his first job with FDR's help; 20 years as choral director for Dimitri Tiomkin, the movie composer; roles in several movies; and 16 years in "Amos 'n' Andy."

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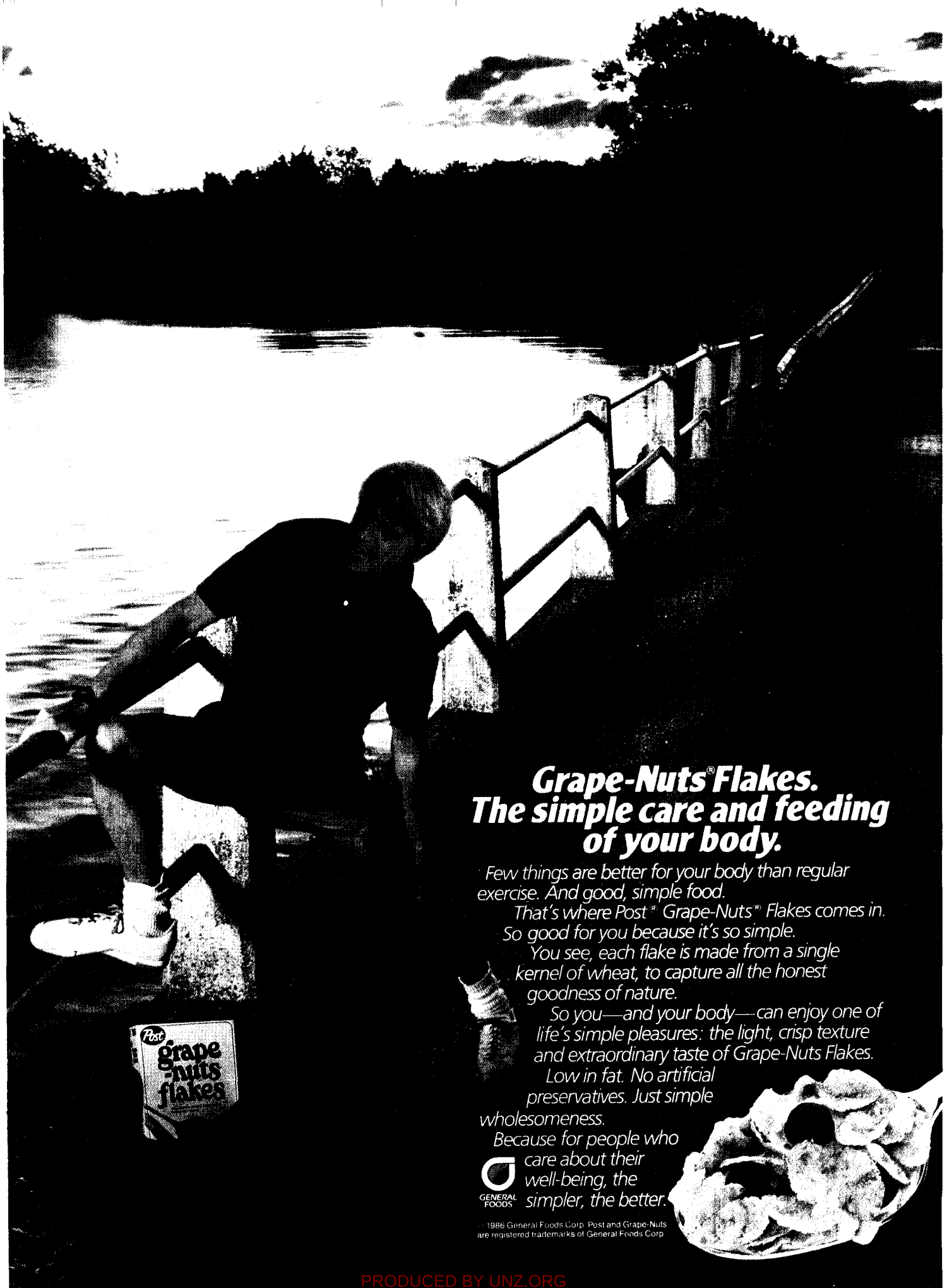

Grape-Nuts® Flakes. The simple care and feeding of your body.

Few things are better for your body than regular exercise. And good, simple food.

That's where Post® Grape-Nuts® Flakes comes in. So good for you because it's so simple.

You see, each flake is made from a single kernel of wheat, to capture all the honest goodness of nature.

So you—and your body—can enjoy one of life's simple pleasures: the light, crisp texture and extraordinary taste of Grape-Nuts Flakes.

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Because for people who care about their well-being, the simpler, the better.

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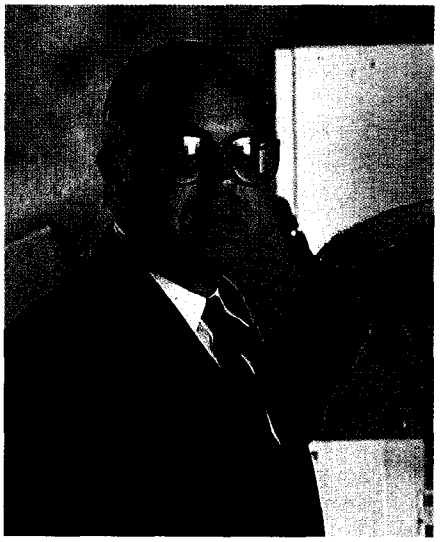
PHILIPPE COURTOT: CHAMPION OF MAMMOGRAPHY

For courageously accepting a moral and corporate obligation, Philippe Courtot receives the prestigious Benjamin Franklin Award.

How did Philippe Courtot become one of the most ardent foes of breast cancer in America? It began when his wife's best friend died from breast cancer. She could have afforded the best medical care available, yet something so simple and so important as a mammogram had not been performed, and the cancer was detected too late.

Until that unfortunate episode, Mr. Courtot, the president and CEO of Thomson-CGR Medical Corporation, an affiliate of one of the world's largest medical-imaging companies, had thought little about the importance of early detection. Now he went into action and launched a personal crusade promoting mammographic screening in a national awareness campaign. His dedication inspired The Saturday Evening Post Society's Mammobile, which brings prevention to many remote areas.

"We had the technology and the equipment to detect breast cancer up to three years before a woman can feel it—but that wasn't enough," Mr. Courtot says. "I felt we had a moral and corporate obligation to go much further and on a massive scale try to educate women and their doctors about mammography and its lifesaving benefits."



The Benjamin Franklin Award goes to Philippe Courtot, a Frenchman who has shown us the way when it comes to working tirelessly for a principle. Because his wife's best friend died from breast cancer, many more fortunate women in the United States will live, having discovered their breast cancers in time.

He combined foresight and millions of dollars to launch his campaign, a campaign with a simple theme: "We're Thomson-CGR. We want you to know."

Three concerned actresses who volunteered their time and efforts to the campaign also wanted the women of America to know.

Diahann Carroll: "Because the issue is so important, this is one role I couldn't turn down. The good news is mammography is a safe, low-dose breast X-ray technique that can detect cancer when it's most curable."

Lee Remick: "Although this is a private matter, it needs public attention. One in 10 women will develop breast cancer during her lifetime. And there is something we can do about it—if you are over 35, ask your doctor about making a mammogram part of your breast-care program of monthly self-examination and annual physician's exam. You owe it to yourself as a woman."

Angela Lansbury: "Be your own best detective. Find out about mammography. Ongoing medical studies show that mortality rates for breast cancer drop significantly when women are screened by this low-dose X-ray equipment."

Thanks to the cooperation of these three celebrities, the publicity in national magazines and on television, and the crusading spirit of Philippe Courtot, the campaign will reach some 75 million people by the end of the year.

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Announcing the most dramatic development in home dental care since the invention of the toothbrush.

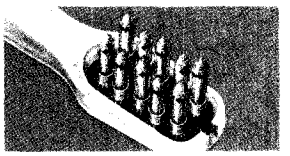
Since early man invented the first toothbrush, the technique for using it has remained just as primitive. So primitive that even today, 9 out of 10 Americans end up with some form of gum disease. The problem, historically, has been how to remove plaque. The solution now comes in the form of a technological breakthrough called the INTERPLAK® Home Plaque Removal Instrument.

INTERPLAK cleans teeth virtually plaque-free.

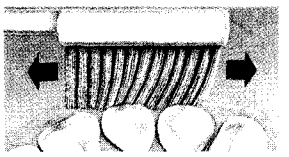
Plaque is the real villain in oral hygiene. If not removed daily, its bacterial film can lead to early gum disease and tooth decay. But clinical studies have shown that manual brushing removes only some of the plaque buildup. Those same studies, on the other hand, show INTERPLAK cleans teeth and gums virtually plaque free.

How INTERPLAK cleans circles around ordinary brushing.

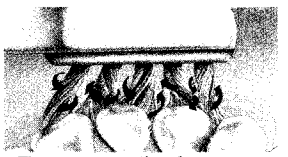
With manual or even electric toothbrushes, you move the bristles up and down or back and forth. But with INTERPLAK's patented design, the brush remains still while the bristles rotate. Ten tufts of bristles literally scour off plaque and stimulate your gums. And at the precise moment they reverse direction, the tufts fully extend to clean deep between teeth and under gums. Yet because the bristles are four times softer than the softest toothbrush, INTERPLAK is no more abrasive than manual brushing with toothpaste.



Each bristle rotates 4,200 times a minute and reverses direction 46 times a second.



Hand brushing's back-and-forth and up-and-down motion often misses critical areas where plaque breeds.



The counter-rotational movement of INTERPLAK tufts clean plaque from between teeth and under gum line.

Dental professionals approve.

Dentists across the country are praising the effectiveness of INTERPLAK.

"I am recommending INTERPLAK to all my patients."–Dr. L. K. Yorn, Cedar Grove, NJ

"At last, my patients enjoy using a product we recommend."
–Dr. J.W. Blackman, III, Winston-Salem, NC

"Since my patients have been using INTERPLAK, I have seen a dramatic improvement in the health of their teeth and gums."
–Dr. S.G. Newhart, Orthodontist, Beverly Hills, CA

"A technical breakthrough in home dental care."
–Dr. A. Kushner, Chicago, IL

Ask your own dentist about the benefits of using INTERPLAK.

The future of home dental care has never looked brighter.

Each INTERPLAK Home Plaque Removal Instrument comes with two interchangeable brush heads. You can purchase additional brush heads so every family member can benefit from cleaner teeth and gums. INTERPLAK is also cordless, recharging between uses in its own stand. For information or name of a retailer near you, call toll- free **1-800-537-1600, Operator 80.**

INTERPLAK®
HOME PLAQUE REMOVAL INSTRUMENT

Interplak is Acceptable as an effective cleaning device for use as part of a program for good oral hygiene to supplement the regular professional care required for good oral health.
Council on Dental Materials, Instruments and Equipment, American Dental Association

Acceptable

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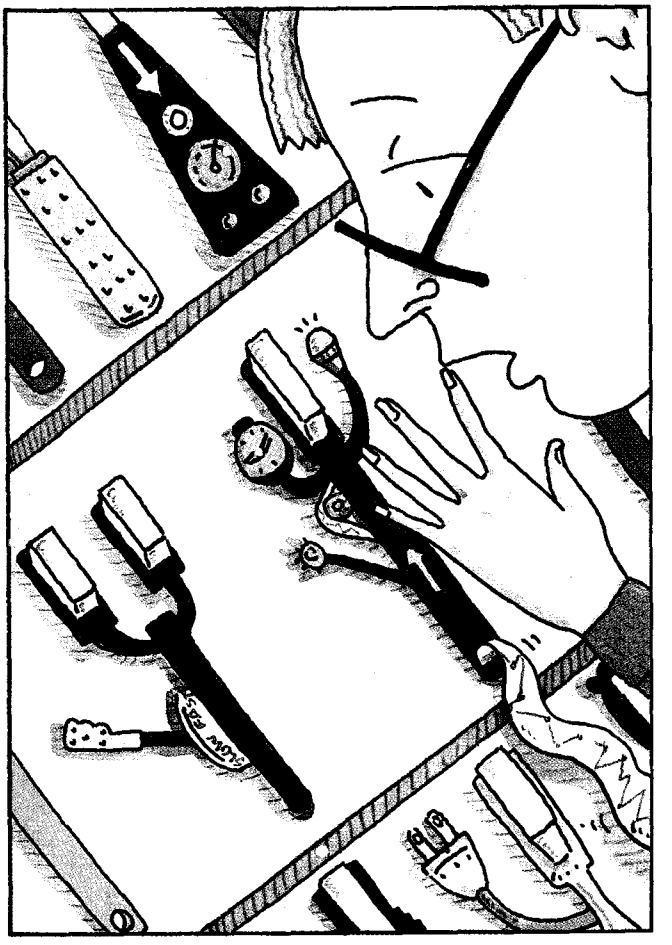
BAFFLED BY BRUSHES

Hundreds of teeth-cleaning options are available, so choosing the right brush can be a bristly business.

by David O. Born

Illustrated by Andrea Eberbach



Next time you're in a full-service drugstore, take a look at the oral-hygiene section. Chances are you'll find at least five or six different brands of manual toothbrushes, each with a choice between hard, medium, or soft bristles; child, junior, or adult sizes; three, four, or even five rows of bristle tufts; six to eight colors and at least as many shapes. Somewhere on the shelf you'll also find two or three electric or power brushes, oral irrigators (hydraulic pumps), and even two or three brands of toothpicks and gum stimulators. If your friendly druggist carried every product from every domestic manufacturer, you would have to choose from among several hundred cleaning devices.

Does it really matter which you choose?

If you're like many people, you won't choose. You'll wait until your semi-annual visit to the dentist and hope for a free toothbrush, trusting that he or she will pick the right brush for you. But waiting so long can be a costly mistake, because most toothbrushes lose effectiveness after a few weeks of use.

Attending to one's teeth may predate even the bath as a way of cleaning up the body. In various times and cultures, people have used toothpicks made of wood, thorns, porcupine or feather quills, bones, and seashells. Metal picks emerged somewhere along the line, and ornate toothpicks made from gold and other precious metals were especially popular during the 18th and 19th centuries. People have rubbed clay, sand, leather, leaves, and ashes on their teeth to restore the pearly-white sheen.

The first "modern" toothbrush was the invention of an English tanner and political dissident, William Addis. The rabble-rousing Addis found himself in prison in the late 1700s. Having little else to do, he whittled a piece of bone into the shape of a handle and bored holes in one end. He next stripped the hairs from a cowhide, wired them in the holes, and promptly used his creation to clean his teeth. His descendants are still manufacturing quality brushes in Hertford, England.

Toothpicks are used primarily for dislodging bits of food from between the teeth. *Toothbrushes* properly serve two purposes: to remove foodstuffs and bacteria-laden plaque from tooth surfaces and to clean and stimulate the gingival sulcus, the edge of the gum, which encircles each tooth.

Approximately 90 percent of all toothbrushes sold in the United States have nylon bristles; the remainder have natural (hog) bristles. Because natural bristle is usually imported, nylon is cheaper. Nylon bristles can also be made with a uniform diameter and stiffness and smooth, rounded ends. Researchers at the American Dental Association and at dental research centers around the country consistently recommend brushes with smooth, rounded-end bristles because sharp ends are more likely to irritate the gums and to abrade the enamel.

Most dentists, too, recommend nylon bristles because they believe that natural bristles "feather" at the ends more often, tend to lose their stiffness earlier, and harbor more bacteria from one brushing to the next. The argument is by no means settled, however: not all nylon bristles are polished to a smooth, rounded tip, and no toothbrush is completely bacteria free unless sterilized.

The choice of bristles goes beyond the debate between natural and nylon. One must decide on stiffness and the number of rows of tufts. Dentists clearly favor soft or medium-soft brushes. A good children's brush has three rows of tufts, with six to eight tufts per row. Adults' brushes have six to ten tufts

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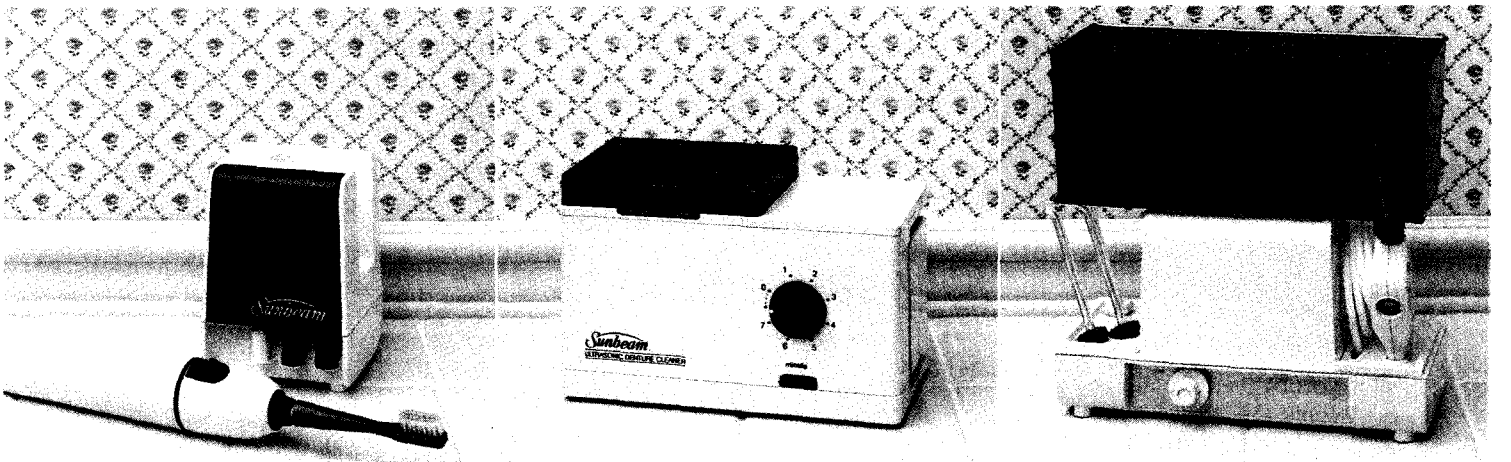
Fitness Equipment.



Sunbeam Rechargeable Automatic Toothbrush

Sunbeam Ultrasonic Denture Cleaner

Sunbeam Deluxe Water Jet

Get your smile into shape in minutes. With Sunbeam Dental Care Equipment.

Make sure your mouth is physically fit by spending just a few minutes a day with the Sunbeam Water Jet and Rechargeable Automatic Toothbrush.

And if you have partial or complete dentures, you still need to keep your teeth in shape with the Ultrasonic Denture Cleaner. Using ultrasonic vibrations, this device gives your dentures a clean workout, removing plaque, stubborn stains and food particles in minutes.

It's a complete workout for your mouth. And a routine that will help pay off in healthier teeth and gums for life.

For more information, write: Sunbeam Dental Products, P.O. Box 59549, Chicago, IL 60659.

Sunbeam

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in each of three to four rows.

Although most dentists recommend that the tufts of bristles be of equal height, several newer brushes on the market depart from that standard. The Collis-Curve's bristles curve around the tooth like a claw; other brands present a V-shaped brushing surface. The Aim brush from Lever Brothers has slanted tufts on the sides and perpendicular tufts in the center of the brush. These different shapes and angles are meant to provide a more dynamic action on tooth surfaces and to clean and stimulate the gingival sulcus more efficiently. Although dentists' individual preferences vary, the consensus holds that even brushing surfaces are better.

The marketplace includes brushes with heads of varying shapes and sizes and handles shaped like everything from shoehorns to dachshunds. The popular Reach toothbrush from Johnson & Johnson has a recognizable angle to its handle, and Colgate's Plus has a diamond-shaped head to help clean hard-to-reach places. Rule No. 1 is to select a soft-bristled brush that feels comfortable in your hand and not too large for your mouth. Many adults find a junior-size brush easier to use and more effective than the adult size.

Although standard manual toothbrushes are, and probably always will be, the most popular, several new electric toothbrushes are competing for your home health-care dollar. These new products, specifically Interplak and Rota-dent, are superior to earlier electric toothbrushes. Early studies of the Interplak brush suggest a greater effectiveness than that of conventional brushes. These and similar products under development may be particularly useful for handicapped persons and others who can't use a common toothbrush effectively.

Once you've found a brush that reaches every tooth surface, including the back sides of your molars, you are ready to concentrate on technique—because what matters most is not the shape, or even the composition, of the brush, but how you use it.

Generally, short, horizontal, back-and-forth strokes are best. Make certain that you brush the juncture of the teeth and gums, not just the flat chewing surfaces. Holding your brush with the bristles at a 45-degree angle to the gum line is strongly recommended. Take special care to brush both sides of your teeth: next to the tongue and next to the cheek. It's also important to brush the small, hard-to-reach surface of your rear molars, the edges farthest back in your mouth. These areas, prime candidates for periodontal disease and dental decay, are also the hardest areas for most people to reach properly.

Fluoridated toothpastes strengthen tooth surfaces and thereby help reduce dental caries, but the mechanical action of brushing is significant in disrupting and removing the plaque that builds upon teeth. Bacteria in plaque cause tooth decay. The more frequently the plaque is removed, the less likely you are to be troubled by decay. Frequent brushing, by keeping the inner surfaces of the gums clean and healthy, reduces the risk of gingivitis and periodontal disease.

Developing effective brushing habits takes practice. Clock-watching can improve your brushing: a thorough brushing should take between two and three minutes, each tooth surface

continued on page 92

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VETS ON PETS

SPECIAL DIETS FOR SPECIAL PETS

A normal diet may not be right if your pet is ill, overweight, or a workaholic.

by H. Ellen Whiteley, D.V.M.

If you believe the adage "you are what you eat," it makes sense that your pet reflects what it eats, also.

The ideal pet diet supplies the optimum amount and balance of nutrients needed for health and activity. The hard part is determining what is optimum for your pet, because an animal's nutritional needs vary during different activities and stages of life. A sled dog training for the Iditarod Trail race needs a vastly different diet from a house pet's. Young animals should not be fed like old animals. Growth, pregnancy and lactation, stress or heavy work, obesity, and illness are all conditions that may warrant a special diet.

Hard-working dogs require a high-stress diet that supplies large amounts of energy in small amounts of food.

Milk-replacement formulas designed to match bitch's or queen's milk are available at pet stores or veterinary hospitals for orphan puppies and kittens. For the puppy or kitten past weaning, a growth diet should be considered, because kittens and puppies generally require three to four times the energy-giving nutrients they will need as adults. However, overfeeding should be avoided, for overfeeding during growth can lead to obesity and skeletal problems in larger breeds. Feed a good quality food designed for a growing puppy or kitten. (I recommend that a puppy be fed all it can eat for 20 minutes—three feedings a day until six months, two feedings a day until adulthood. Take the food away after 20 minutes.) After reaching adulthood, a dog should be placed on a maintenance diet. *Do not supplement the growth or maintenance diet with vitamins, minerals, or table scraps,* unless prescribed by your veterinarian. You can do more harm than good, especially to a rapidly growing, large-breed puppy.

During the last three weeks of pregnancy and during lactation, a queen or bitch needs two to three times more digestible energy than the maintenance diet provides. This is the time to encourage mother to eat, and diets formulated for reproduction or growth are needed. After all, motherhood is a high-stress job.

Another high-stress job is soldiering. Military dogs are fed a stress diet that provides highly digestible, caloric-dense nutrients. Other working or performance dogs, as well as dogs in the North exposed to cold temperatures, may also need this type of diet.

Because stress diets supply increased energy in small amounts of food, these diets may also be appropriate for animals whose food intake is reduced because of illness or hot weather. A sick animal with a fever has an increased metabolic rate and requires more nutrients than a well animal. An obese pet, however, requires a reducing diet that supplies reduced energy along with increased fiber or bulk.

Special diets have been formulated for pets with food allergies, heart disease, kidney failure, and bladder stones, to mention a few diseases that may be controlled or aided by prescription diets. When veterinarians diagnosed bladder stones in dogs in the good old days, the only remedy was surgery. Now, most bladder stones in dogs and cats can be dissolved with a special diet called s/d (struvite diet, produced by Hill's Pet Products). Minerals make up the stones that form in the bladder. A diet restricted in protein and certain minerals, but high in salt to encour-

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age drinking and urination, may spare an animal the surgeon's knife. Like magic, you can view on radiographs the stones' becoming smaller and smaller.

Prescription diets should not be fed indiscriminately to dogs and cats; therefore, they are available only through a veterinarian. Such prescription diets as r/d (reducing diet) and h/d (heart diet) have done much to eliminate the necessity of devising homemade diets for medical conditions. Although most people buy pet food at the local grocery store, many excellent nutrient-dense diets for growth, maintenance, and stress are available from companies that sell through pet stores, feed stores, and veterinary clinics.

Hippocrates said, "Food shall be your medicine and medicine your food." The improper diet contributes to ill health, while the proper diet contributes to wellness.

Questions for the Vet

Dear Dr. Whiteley,

Our dog, Skipper, has been diagnosed by our veterinarian as having cancer of his prostate gland. I am heartbroken. My veterinarian recommends surgery or putting Skipper to sleep. I am at my wits' end. I do not want to put Skipper to sleep if there is a chance to help him. Before last month, I didn't even know dogs had prostate glands. Any hope you can give would be most appreciated.

Shareen Camp
Reno, Nevada

Dear Shareen,

Prostatic cancer occurs in older male dogs. It is suspected when rectal palpation of the dog's prostate gland reveals enlargement coinciding with clinical signs, such as blood in the urine, difficult urination or defecation, and rear-leg lameness. Usually, diagnosis is confirmed after abdominal exploratory surgery when a small piece of the prostate is removed and examined for the presence of cancer cells.

Treatment of prostate cancer usually involves surgical removal of the prostate gland, castration, or hormone treatments. If metastasis (spread of the cancer to other organs) has already occurred, the outlook is not good. In the past, surgery has been the most effective treatment; however, it is difficult to perform and complications occur. A new treatment utilizes radiation therapy for surgically exposed tumors. A surgical incision is made in the dog's flank to expose the prostate gland. The other abdominal organs are protected with lead strips while the prostate gland is irradiated for 20 to 30 minutes. This new technique is being performed at the School of Veterinary Medicine, University of California, Davis. I suggest that you or your veterinarian consult one of the veterinary oncologists on the staff at U.C. Davis.

H.E.W.

Dear Dr. Whiteley,

The question of the use of a high-altitude decompression chamber at our local animal shelter has come up again. The animal-rights people are showing horror pictures and are urging all citizens to sign a petition against the chamber. However, animal-control people are saying that taxes will have to be increased in order to pay for using the injection method of putting animals to sleep. I am a retired citizen on a limited income and any talk of increased taxes upsets me; yet I don't want to be guilty of fostering cruelty to animals. Tempers and feelings are so hot on the issue that I don't know what to believe. Can you give an unbiased opinion?

Concerned citizen
Address withheld

Dear Concerned,

We had the same controversy in my home city, Amarillo, Texas, last year. The first decompression chambers were used in scientific studies by the aerospace program. There is a worry that the speed most commercial decompression units use for euthanasia causes pain much like the bends suffered by deep-sea divers and that animals with respiratory infections will have severe pressure on the middle ear and sinuses.

Injectable euthanasia solutions are usually concentrated solutions of pentobarbital sodium, an anesthetic agent. Animal-control personnel must be trained to give intravenous injections for this method. Initially, people think that this will involve increased personnel costs, as well as the cost of the drug and syringes and needles. Most cities that have used the

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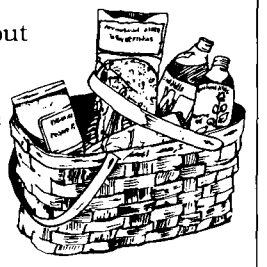
A GRAIN OF TRUTH

FOOD POLLUTION

There's a growing perception in this country that much of our food is polluted.

This year even more public pressure will be brought to bear regarding the 45,000 toxic farm chemicals still in use. "More study is needed" on chemicals like Ethylenebisdithiocarbamate, a widely used, potentially dangerous fungicide, but most of the people we talk to ask, "What can we do about it today?"



Arrowhead Mills has been doing something about food pollution for more than 20 years. The Golden Rule applies to our relationship with the land too. Increased yields and profits, brought about by promiscuous use of pesticides, have a price tag we are not willing to pay.

Arrowhead Mills isn't immune to the concerns of residues and unwanted chemicals. That's why we always test what we buy, and why we test our tests too. The quality Q on all our products is your assurance that we've done all we can to make sure your food is clean.

Obviously, we recommend one thing that you can do about food pollution is to buy Arrowhead Mills products. We urge you to purchase from anyone who cares deeply about the purity of the food they sell. Companies like Timber Crest, Heinke, Lundberg and other fine, natural food suppliers, also offer many high quality products.

In our democracy we vote about what's important. The cash register is a powerful ballot box. You cast your vote on food pollution—every time you shop.

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BERRIES: THE JUST DESSERT

Take your pick from these delicious berry desserts, high in nutrition and low in calories.

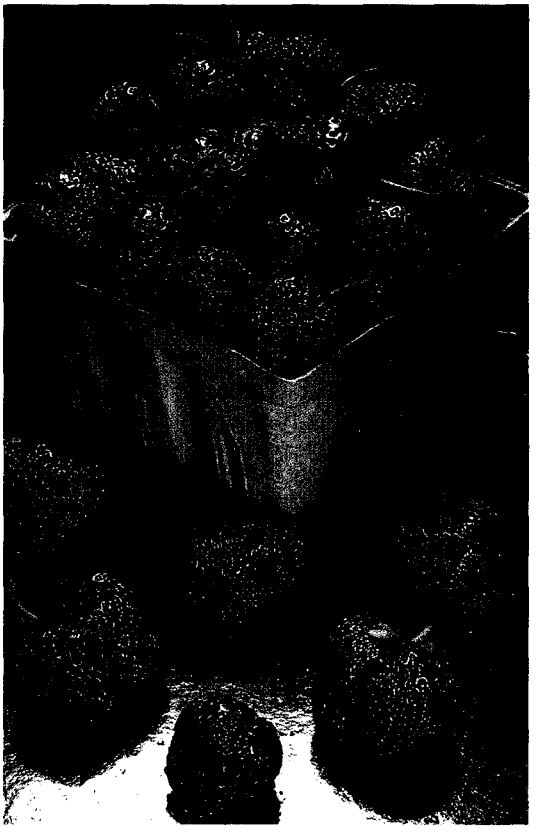
by Jacquelyn Nyenhuis

Berries are back, and the rush is on to pick them while they're ripe. Because the berry patch ripens all at once, it is advisable to retain only as many berries as can be eaten in three or four days and to freeze the rest.

Because dry berries will keep longer than damp ones, try to pick berries when they are not heavy with dew. Clean and stem berries just before using.

To freeze berries properly, place them unwashed in a single layer on a large tray or baking sheet. Arrange the berries so they are not touching, and place the tray in a freezer for a few hours until they are firm. When the fruit is frozen, transfer it to plastic bags. Berries will keep in the freezer up to five months, if tightly sealed.

Of course, the greatest reward of berry picking is sampling the fruit right off the vine, for nothing compares to that fresh-picked flavor. Take your pick of the following recipes and enjoy the just desserts of your berry-picking labors this season.



A cup of strawberries contains the RDA of vitamin C, the fiber of a slice of whole-wheat bread, and only 37 calories. "Doubtless God could have made a better berry," the British physician William Butler said, "but doubtless God never did."

Strawberry Whole-Wheat Shortcake
(Makes 8 servings)

3 cups sliced strawberries
2 tablespoons frozen pineapple-juice concentrate
½ cup packed brown sugar
¼ cup margarine
1 egg
1 cup whole-wheat flour
½ teaspoon baking powder
½ teaspoon soda
¼ teaspoon salt
¾ cup buttermilk
Toasted wheat germ

Combine strawberries and pineapple concentrate in small bowl. Let stand while preparing shortcake. Cream brown sugar and margarine together in medium mixing bowl. Stir in egg. Add remaining ingredients except wheat germ; mix until smooth. Spray 8″ round baking dish with nonstick vegetable coating and sprinkle lightly with wheat germ. Pour batter into prepared pan. Sprinkle with additional tablespoon wheat germ; cover with wax paper. Microwave at High (100%) until no longer doughy, about 5-5½ minutes; rotate dish once. Cut shortcake into wedges to serve and top with strawberries.

Frozen Strawberry Pie
(Makes 8 servings)

2 cups puréed strawberries
1 package (8 oz.) sugar-free pudding-and-pie-filling mix
2 cups plain yogurt
2 tablespoons margarine
2 cups granola

Combine strawberries and pudding mix in 1-quart measure. Microwave at High (100%) until mixture thickens and boils, about 5-6 minutes; stir 2 or 3 times. Cool slightly and stir in yogurt.

In 9″ pie plate, microwave margarine at High until melted, about 30 seconds to 1 minute. Crush granola very fine, using food processor or blender. Stir into melted margarine and press crumbs over bottom and sides of pie plate. Microwave at High until lightly toasted, about 1-2 minutes. Pour strawberry mixture into pie shell and freeze until firm, about 4 hours. Let pie sit at room temperature about 30 minutes before serving. Garnish each serving with fresh strawberries.

Conventional preparation: Cook strawberries and pudding mix in medium saucepan over low heat. Bring to boil and let boil 1 minute to thicken; stir constantly. Melt margarine in small saucepan and add granola crumbs. Press into pie plate and bake in preheated 350° F. oven 5-10 minutes. Continue as directed in microwave recipe.

Gingersnap Crisp
(Makes 6 servings)

1 cup apple juice
1½ tablespoons cornstarch
1 tablespoon lemon juice
½ teaspoon cinnamon
3 cups raspberries
2 tablespoons margarine
1 cup crushed gingersnaps
1 cup oatmeal

Combine apple juice, cornstarch, lemon juice, and cinnamon in 1-quart measure. Microwave at High (100%) until mixture thickens, 3-4 minutes; stir twice. Stir in raspberries. Microwave margarine in small mixing bowl at High until melted, 30 seconds to 1 minute. Stir in gingersnaps and

continued on page 108

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Hundreds of dollars worth of savings come your way as a member of Mature Outlook—an exclusive organization for folks 50 and over.

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Medical researchers now suspect that magnesium may help you sleep and relieve heart arrhythmias, muscle cramps and spasms, fatigue, depression, and many other complaints.

Did you know that the average American loses magnesium from strenuous exercise? By being under tension? Did you know that we avoid magnesium-rich foods, such as nuts and chocolate, because of their high calorie count? That much of the magnesium from other foods rich in this mineral is lost due to commercial processing? That if we ate all our green, leafy vegetables straight

from the garden, we'd get far more magnesium?

Did you know that when magnesium disappears, calcium rushes in? That the result is a tendency for muscles to become cramped? Many researchers believe that this lack of magnesium may cause artery walls to contract and lead to high blood pressure, heart attacks, and strokes.

Why do we like Slow-Mag better than other magnesium supplements? Two very good reasons:

1) Slow-Mag's special coating is designed to prevent gastric upset or indigestion.

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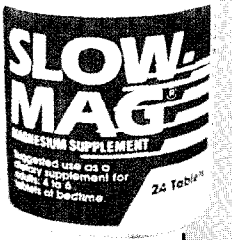

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FOOD

TRIMMING WITH TURKEY

Once just a holiday guest, this lean, versatile bird has dieters talking turkey all year.

by Patrick Perry

Starving pounds off with unpalatable potions and extraterrestrial entrees? Self-torture too often sends well-intentioned dieters packing through those golden arches.

Self-denial shouldn't be self-destructive. After all, the plan is to feel better, right? It *is* possible to leave the table satisfied and slender. By reshuffling menu cards to shift the spotlight from high-calorie, high-fat meats and sauces to lighter vegetables and meats, the odds of reducing begin to stack up in your favor.

On any lean list, turkey ranks high. Once only a holiday guest, turkey is edging into the daily diet. Weight-conscious consumers are happy to discover the versatility and pennies-per-pound savings turkey provides. The delicate flavor and texture of turkey make it an ideal companion to main-course salads, soups, sandwiches, and entrees. Removing the outer skin trims extra calories and fat.

Resolve to shed those unwanted pounds, but do so in good taste. Try these gold-medal turkey recipes and then create some of your own. Stir-fried Turkey and Asparagus is a rich blend of green onions, asparagus, and mushrooms, simmering in a dry sherry spiced with ginger and garlic. One serving tallies up only 246 calories. Itching for Italian? Open your favorite sauce to top delicious turkey cutlets. Sprinkle on some mozzarella and—*voilà*—you've created Turkey Parmigiana with 343 calories per serving. Reap the benefits of summer's bounty and stir them into Turkey Ratatouille. Eggplant, onion, green pepper, tomatoes, and full-bodied seasonings will stir up any appetite. Calories per serving: 296.

To complement a great meal, why not take a brisk walk? Exercise is a constant companion of those in shape. Start slow; then, pick up the pace. You'll be on the way to a slimmer, healthier you.

Turkey's light flavor and lean nature lead to out-of-the-ordinary dishes—such as Smoked Turkey Salad, Bloody Mary Style—you can gobble up without worrying about calories.

Smoked Turkey Salad, Bloody Mary Style
(Makes 4 servings)

1 tablespoon olive oil
1 tablespoon plus 2 teaspoons vegetable oil
2 tablespoons plus 2 teaspoons red wine vinegar
2 large cloves garlic, pressed
¾ teaspoon crushed, dried oregano leaves
1 teaspoon salt or salt substitute
½ cup tomato juice (or Bloody-Mary-seasoned tomato juice)
8 drops Tabasco sauce
½ teaspoon lemon juice
¼ teaspoon Worcestershire sauce
1 pound smoked turkey breast, cut into strips or slices
1 head romaine lettuce, torn into bite-size pieces
1 red onion, thinly sliced
1 green pepper, cut in half, seeded, and sliced
3 large tomatoes, cut into wedges

Mix first 10 ingredients in plastic container or jar. Close and shake well. (If using Bloody-Mary-seasoned tomato juice, omit Tabasco sauce, lemon,

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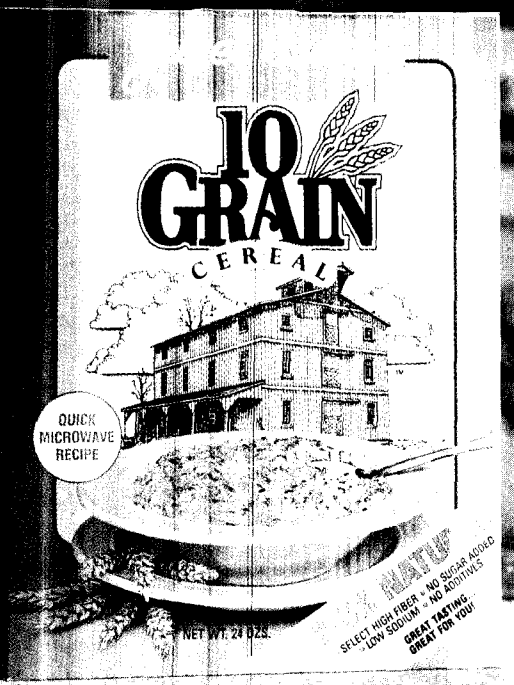
COOK UP A DEFENSE AGAINST CANCER

The American Cancer Society Says...

"There is evidence that diet and cancer are related."

"...whole grain cereals may help lower the risk of colorectal cancer."



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TIME FOR TUNA

For light lunches this summer, turn to tuna in three deliciously different salads.

Counting calories for summer, but tired of the same old tuna salad? Try these recipes for turning tuna into something terrific.

To keep the calorie count low, use only tuna packed in water, preferably a low-sodium variety, and steer clear of fatty, commercial dressings and oils.

Tuna Pasta Salad
(Makes 2 servings)

1 tablespoon plus 1 teaspoon olive oil
1 small lemon, peeled and coarsely chopped
8 pitted black olives, coarsely chopped
1 tablespoon capers, rinsed
2 garlic cloves, chopped
1 small can (6½ oz.) Star-Kist® Tuna in natural spring water, drained
2 cups cooked pasta spirals
1 cup quartered artichoke hearts
1 tablespoon chopped, fresh parsley
Salt and freshly ground pepper to taste

In screw-top jar, combine oil, lemon, olives, capers, and garlic. Shake thoroughly to mix. In large bowl, combine tuna, pasta, artichokes, and parsley. Pour dressing over tuna mixture; toss. Season to taste with salt and pepper.

Potato-Tuna Salad
(Makes 6 servings)

2 pounds small red potatoes
1¼ teaspoons Tabasco sauce
1 bay leaf
1 cup sliced celery
¼ cup chopped celery leaves
⅓ cup sliced scallions
½ cup olive oil
¼ cup white wine vinegar
2 tablespoons lemon juice
1 clove garlic, minced
2 cans (6½ or 7 oz. each) chunky white tuna in water, drained, broken in large chunks

Place potatoes in large saucepan with 1" cold water. Add ½ teaspoon Tabasco sauce and bay leaf. Bring to boil, cover, and reduce heat; simmer until potatoes are tender (20 minutes). Discard bay leaf, drain, and cool. Cut potatoes into chunks. In large bowl, combine potatoes, celery, celery leaves, and scallions. In small jar or bowl, combine oil, vinegar, lemon juice, garlic, and remaining ¾ teaspoon Tabasco sauce; shake or mix well. Pour dressing over potato mixture. Add tuna and toss lightly; cover. Refrigerate 2 to 3 hours to blend flavors.

Mexican Tuna Salad
(Makes 4 servings)

1 large can (12½ oz.) Star-Kist Tuna in natural spring water, drained
1 cup corn kernels
1 medium zucchini, scrubbed and sliced
1 celery rib, sliced
1 small red onion, sliced
1 small green bell pepper, cored, seeded, and sliced
⅓ cup safflower oil
2 tablespoons red wine vinegar
1½ teaspoons granulated sugar
¼ teaspoon salt or salt substitute
¼ teaspoon ground cumin
½ teaspoon cilantro (coriander) leaves
1 garlic clove, minced
½ cup diced avocado
8 lettuce leaves
Cilantro sprigs to garnish, if desired

In medium bowl, combine first six ingredients. In screw-top jar, mix oil, vinegar, sugar, salt, and cumin; shake. Add cilantro leaves and garlic and pour over tuna mixture. Add avocado and toss gently. On lettuce leaves, mound ¼ of salad. Garnish with cilantro sprigs if desired.

David LeBon

For a fresh twist in tuna salads, use fusilli pasta. The olive oil, lemon, and garlic dressing of our Tuna Pasta Salad is low in calories and contains no cholesterol.

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YOU'RE A WOMAN. SO WHY ARE YOU TAKING MEN'S VITAMINS?

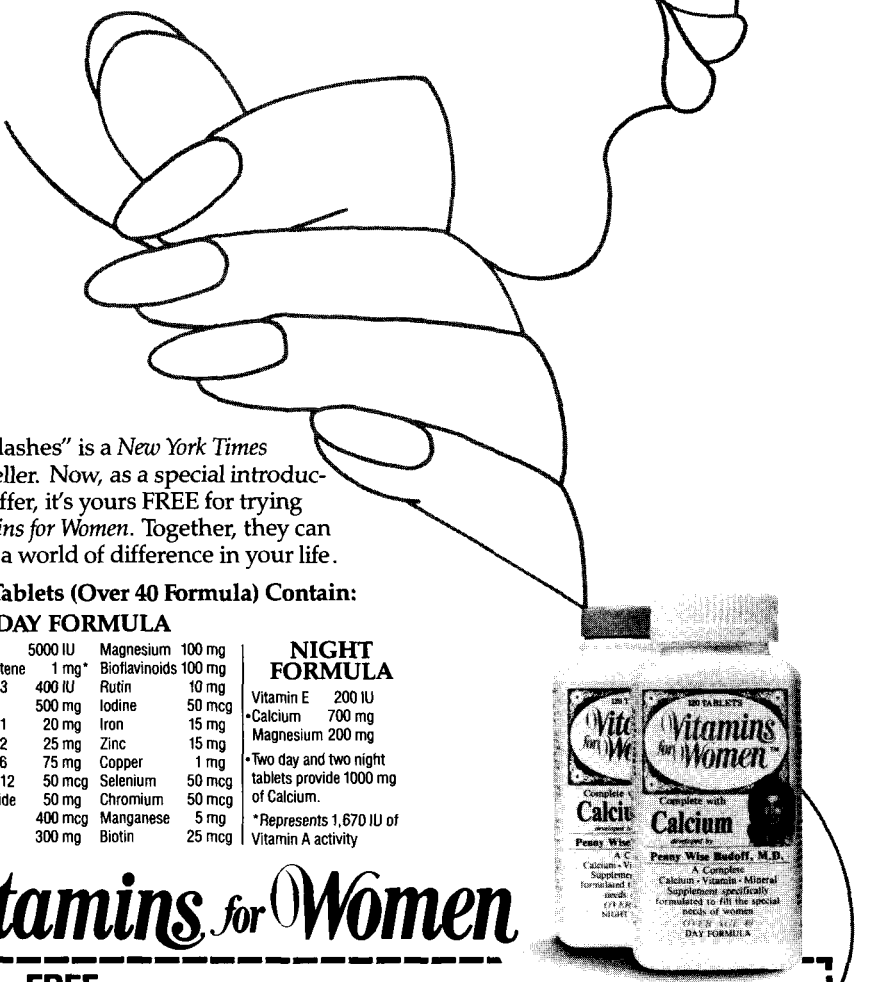
Your body is different from a man's. Obviously, it has different needs. Yet for years most vitamin manufacturers created "women's vitamins" simply by adding more iron to the typical male formulas.

Finally. There's a complete Calcium/Vitamin/Mineral Supplement designed specifically to fit the needs of a woman's body. Throw away your closet full of vitamins! *Vitamins for Women* provides 23 vitamins and minerals—everything you need to protect and keep your body healthy. And since your body changes as you age, it comes in two specialized formulas: one for women 14 to 40; one for women over 40.

It's the first Vitamin/Mineral Supplement with all the calcium you need to prevent Osteoporosis. This killer disease causes hunched backs and fragile bones and is the 12th leading cause of death in the United States. *Vitamins for Women* contains all the supplemental calcium you need specifically for your age group. The "Over 40" formula contains 1000 mg. of pure oyster shell calcium—the "14 to 40" formula contains 650 mg. Both contain 400 IU of Vitamin D to help absorb and metabolize the calcium. And since the calcium shouldn't be taken at one time, the formulas are divided into morning and evening doses.

Its two special formulas help compensate for the changes in your body as you age and are tailored for your stage of life. Vitamins A, E, Selenium, Beta Carotene, and Folic Acid are included since recent tumor research has shown they have protective qualities. *Vitamins for Women* were also designed to help alleviate premenstrual syndrome, changes in vitamin metabolism caused by birth control pills, and night leg cramps. They're made from natural bases and free from sugar, starch and preservatives.

Vitamins for Women. Created by one of the leading authorities on women's health, Dr. Penny Wise Budoff. Dr. Budoff has done extensive research and published many articles in prominent medical journals on menstrual pain, menopause, premenstrual syndrome and breast cancer. Her book "No More Hot Flashes" is a *New York Times* bestseller. Now, as a special introductory offer, it's yours FREE for trying *Vitamins for Women*. Together, they can make a world of difference in your life.



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MONEY TALK

ABOUT INVESTING

by Venita Van Caspel

Q. I haven't made my IRA contribution for 1986 and may not have $2,000 to do so, but I should have the funds later next year. Should I borrow to fund my IRA when the time comes?

A. Yes, you probably should. You don't mention your marginal tax rate, but let's assume it is 30 percent and that you can borrow funds from your bank or credit union for 11 percent. If you borrow the $2,000 for the whole year (which you indicate won't be necessary), your interest will be $220. This interest is deductible, so your tax savings will be $66 ($220 x .30), making your after-tax cost $154.

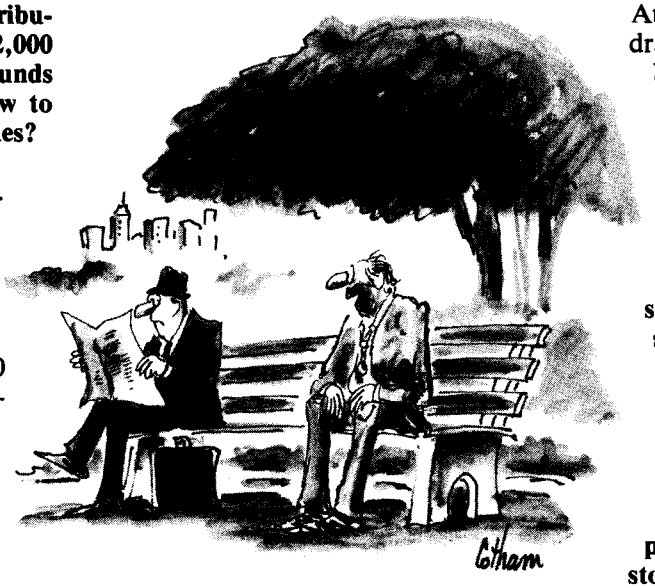
Your $2,000 contribution to your IRA, also deductible, will bring you a tax savings of $600.

Let's now assume you place these funds in a growth mutual fund that grows 15 percent for the year, or $300 tax deferred. Now let's add up your net results:

Tax savings	$600
Investment yield	300
After-tax interest cost	(154)
Amount of gain	$746

You will be ahead $746 after one year if you borrow to fund your IRA rather than miss the deadline. And your funds should continue to grow tax deferred until you retire.

Q. I'm retiring this year at the age of 62 and will receive $203,417 from my pension plan, all of which my company contributed. I also have another $100,000 in money-market funds and some income from real estate, so it looks as if I won't need to have income from my pension funds for several years. When I receive my check, should I use an IRA rollover and not pay any taxes now, or should I do ten-year forward averaging, which allows me to pay a tax at a lower rate and have my funds free to do as I would like with them?



"I may look like a bum to you, but I'm not. I've simply tied up all my money in some pretty smart investments."

A. Because it appears that you will not need to use your pension funds for several years, I would recommend an IRA rollover. If you use ten-year forward averaging, you will lose $38,343.42 in taxes, or 18.8 percent of your funds. This money is lost forever, and it cannot compound for you. And if you invest these funds at interest or to receive dividends, the yield will also be taxable each year. With the rollover, you will have $38,343.42 more compounding for you. If you can wait five years before beginning any withdrawals and you average 15 percent per year compounded growth on your funds, they will have grown to $409,152.95. If you then begin a 15 percent withdrawal program, you would receive $5,114 per month or $61,373 per year, taxed as ordinary income, and your remaining funds would still be compounding tax deferred.

At age 70½ you must start withdrawing these funds at a rate based on you and your spouse's life expectancies.

Q. We recently inherited $85,000. We have a $76,000 mortgage at 10½ percent on our $150,000 home. This is our only debt, and we have sufficient income to comfortably make the house payments. Should we pay off this mortgage or invest these funds? Our tax bracket is approximately 40 percent, we are in our early 50s, and we have $20,000 in a certificate of deposit and over $50,000 in stocks.

A. I recommend that you not pay off your mortgage, but instead consider investing about $50,000 of these funds in a high-quality growth mutual fund, $15,000 in an all-cash registered real-estate limited partnership that invests in quality shopping centers and apartment complexes, $10,000 in an income cable-television registered limited partnership, and $10,000 in an all-cash registered limited partnership that invests in miniwarehouses and business parks.

Having your home "free and clear" may give you a warm feeling, but equity in your home is an asset not always increasing in value. Some of the reasons to retain your present mortgage are:

(1) The 10.5 percent interest is deductible on your tax return, making your net cost only 6.3 percent. The remaining 4.2 percent is being shifted to the IRS. Even with lower tax rates, you will still want to take advantage of this subsidy.

(2) If you should have an emergency, you can redeem a few shares of your

continued on page 80

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"Finally, protection Mom and I can both live with."

June Allyson

When my mother suffered a stroke, I learned firsthand how hard a caregiver's role is. Maybe the hardest thing of all is coping with the leakage accidents that so often occur. But with new Depend fitted briefs, we don't have to worry about accidents. At last, there's a brief with protection we can live with.

Only Depend fitted briefs have elastic at the waist and legs for a snug, comfortable fit. A better fit means better leakage protection. And that makes life a lot easier for both of us.

If someone you love has a heavy bladder control problem, try new Depend fitted briefs in regular or large size. For less severe problems, try Depend undergarments and shields. Call 1-800-2-DEPEND for a free sample.

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HOME IMPROVEMENTS

NEW CEILINGS: LOOKING UP

Today's tile and suspended panels, a smorgasbord of colors and designs, mean covering an old ceiling is an overhead investment that will pay off in several ways.

by Jack Hayes

From a decorator's standpoint, ceilings are the most neglected surfaces in the home. There's nothing very interesting about white paint, rows of white tiles, or gridworks of suspended fiber panels.

But ceilings don't have to be boring. Lately, manufacturers of ceiling products have been paying more attention to design. Tiles and panels in all sorts of patterns, textures, and colors have replaced the early, nonaesthetic products. Easily installed ceiling beams are available at minimal costs. "It's a smorgasbord out there," says Larry Skinner, a remodeler who specializes in ceilings. The challenge now is to choose from among dozens of colors and designs.

New ceilings can provide more than just a pretty view overhead. Many tiles and panels are washable, acoustical, and fire retardant, making a home easier to clean, quieter, and safer. A new ceiling may also solve lighting problems. A variety of lighting fixtures will fit most ceiling systems.

New ceilings do more than hide the ravages of age. Besides adding beauty, many panels and tiles are washable, acoustical, and fire retardant.

Panels or Tile?

Suspended panels are better than tiles for a badly cracked or sagging ceiling. But panels aren't the best choice for an already low ceiling; a suspension grid takes at least three inches from a room's original height. In old homes with ten-foot ceilings, however, suspended panels can lower the ceiling a foot or more for a cozier atmosphere. Insulated batts installed above suspended panels save energy and reduce noise between floors. To brighten a room, luminous panels covering energy-efficient fluorescent fixtures add muted light.

If the existing ceiling isn't badly damaged and there's no need for extra insulation or lighting, tiles may be preferable to panels. Their size and shape (a perfect square foot) make them easy to handle. Tiles can be glued directly to a ceiling's painted surface or stapled to wooden "furring" strips nailed to ceiling joists. Seams where walls and ceiling meet can be hidden under molding. One tile maker, Armstrong, offers a tile-mounting kit with metal tracks that doesn't require staples or cement.

An experienced do-it-yourselfer can put up a ceiling in half a day. The inexperienced may take twice as long. Home-center stores offer pamphlets to help remodelers estimate material needs and costs.

Ceiling tile and panel prices start at about 25¢ a square foot for basic white. The more decorative designs cost at least twice as much. For high fashion, you'll have to pay $1 a square foot or more. Keep in mind that furring and staples for the tiles, or grids and hanging wire for the panels, will add another 25¢ per square foot to the cost. So the price of a 10'x10' ceiling can range from $50 to around $200. Don't forget to include the cost of molding, insulation, and light fixtures, if needed, when estimating the price of a new ceiling.

Stylish Alternatives

Those persons not excited about tiles or panels still have many creative alternatives for sprucing up a dull ceiling. Bob Futterman, who specializes in remodeling older homes, says old-fashioned wood and boxed beams and embossed plaster patterns are returning. "We're even seeing a comeback of the pressed tin panels," he says.

However, such custom work may cost ten dollars a square foot, and Futterman recommends that most homeowners stick to stylish but less expensive alternatives. Box beams, perhaps around the perimeter of the upper walls in a ceiling "tray," add new dimensions to a room and allow for built-in lighting effects. Such projects are not overcomplicated, and a contractor isn't likely to take more than a day or charge more than a few hundred dollars. As an alternative, home-center stores sell do-it-yourself ceiling-beam kits made of Styrofoam.

Truly creative homeowners can replace a ceiling for the price of a five-gallon can of sheetrock joint compound and a whisk broom or paint roller. The textured or "stippled" effect created is pleasant to the eye, and it hides spots and cracks. Thinning the compound helps the application.

Homeowners should check and repair the overhead structure and plumbing before beginning cosmetic work. Otherwise, problems from the old ceiling may show up on the new one, and little is gained by the effort.

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Why men and women over 40 often miss the best sex of their entire lives.

BY PAUL A. FLEMING, M.D.

The years between 40 and 65 can be years of sexual frustration and failure and withdrawal from sex. Or they can be the start of sexual activity that is frequent and sensitive and especially loving–and that can be enjoyed until the end of one's life.

After 40, expect some changes in your sexual reactions.

Man or woman, you may be slower to achieve readiness for sex. Your climaxes may change. So may the tempo of your love-making and the frequency of your desire.

These changes are normal. But if you misinterpret them and worry that your sexual life is tapering off — you could begin to withdraw from sex altogether.

That would be an awful shame.

No need to give up on sex—ever.

Sex over 50, 60, 70 and beyond —good sex—is a real option for almost all people. And it can be the most rewarding sex of all.

That is what prompted a monthly newsletter called SEX OVER FORTY, and to circulate a sample first issue to eminent people in both medicine and therapy.

Their reaction was enthusiastic.

Sexual help like this is not available anywhere else.

The words SEX OVER FORTY will not appear on any envelope that we send you.

You can read it at home, without hurry or embarrassment. You can read it over and over until you understand fully. No more hunting in bookshops for snippets of information that can worry you further. No more "what did he say?" after a tense, quick visit to the doctor.

SEX OVER FORTY often describes ways of making love (ideal for people over 40) that many are embarrassed to say they want to try. You and your partner can read about them, separately, then discuss them together with more comfort.

SEX OVER FORTY discusses sex like I do in my private practice. When telling a woman how to help her mate regain an erection, I actually show her how to hold her hands, how to move, what comforting things to say.

Becoming more creative lovers.

We cover the major sexual fears and problems that confront people over 40. But we are not over-focused on problems. Each issue is filled with specific ways each partner can become a more sensitive, creative and spontaneous lover. For example:

- How to strengthen sexual muscles.
- The role of sexual lubricants.
- When your partner wants sex more (or less) often than you do.
- Vitamins and herbs for improved sexual functioning.
- Mid-of-night sexual opportunities.
- How to end premature ejaculation.
- Impotence: 11 ways to tell whether it's physical or psychological.
- Female climax: how to improve it.
- Sex after divorce: how to approach it.
- After heart attack: good, safe sex.
- What men need to know about the female sex organs.
- Common medications: how they can affect your sexuality.
- Multiple orgasms: achieve them now, even if never before.

Case histories are included to clarify: so are medical illustrations. Plus special monthly departments worth reading.

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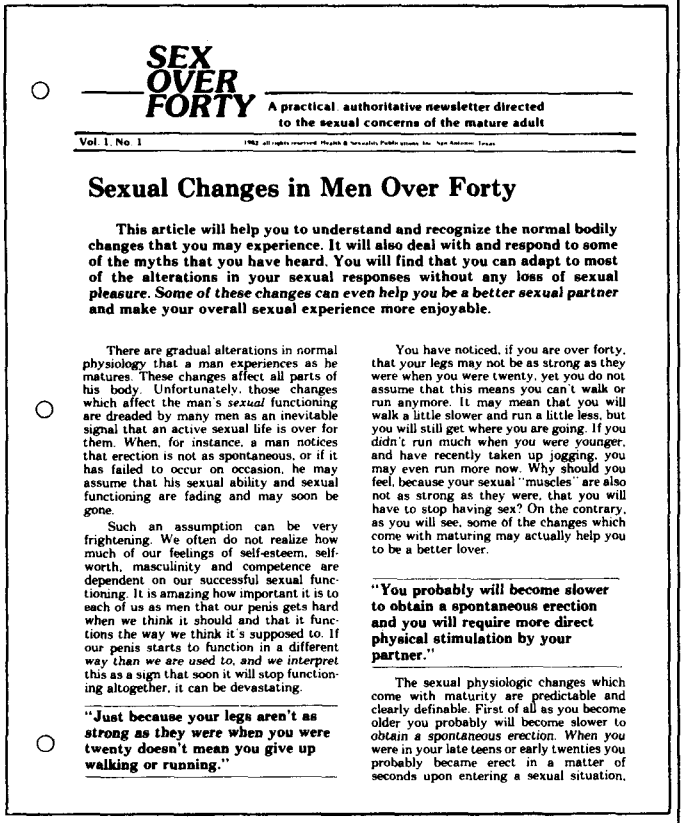
By subscribing now: 1. You get a 50% discount off the regular price. 2. You receive, free, the Premier Issue originally circulated to the medical profession. 3. Future price protection: you get maximum discount as long as you renew continuously. 4. If not satisfied within 60 days, you may cancel, get a full refund of your money, and keep issues already received.

Dr. Fleming counseling a couple in his office.



SEX OVER FORTY

A practical, authoritative newsletter directed to the sexual concerns of the mature adult

Vol. 1, No. 1

Sexual Changes in Men Over Forty

This article will help you to understand and recognize the normal bodily changes that you may experience. It will also deal with and respond to some of the myths that you have heard. You will find that you can adapt to most of the alterations in your sexual responses without any loss of sexual pleasure. *Some of these changes can even help you be a better sexual partner* and make your overall sexual experience more enjoyable.

There are gradual alterations in normal physiology that a man experiences as he matures. These changes affect all parts of his body. Unfortunately, those changes which affect the man's *sexual* functioning are dreaded by many men as an inevitable signal that an active sexual life is over for them. When, for instance, a man notices that erection is not as spontaneous, or if it has failed to occur on occasion, he may assume that his sexual ability and sexual functioning are fading and may soon be gone.

Such an assumption can be very frightening. We often do not realize how much of our feelings of self-esteem, self-worth, masculinity and competence are dependent on our successful sexual functioning. It is amazing how important it is to each of us as men that our penis gets hard when we think it should and that it functions the way we think it's supposed to. If our penis starts to function in a different *way than we are used to, and we interpret* this as a sign that soon it will stop functioning altogether, it can be devastating.

"Just because your legs aren't as strong as they were when you were twenty doesn't mean you give up walking or running."

You have noticed, if you are over forty, that your legs may not be as strong as they were when you were twenty, yet you do not assume that this means you can't walk or run anymore. It may mean that you will walk a little slower and run a little less, but you will still get where you are going. If you didn't run much when you were younger, and have recently taken up jogging, you may even run more now. Why should you feel, because your sexual "muscles" are also not as strong as they were, that you will have to stop having sex? On the contrary, as you will see, some of the changes which come with maturing may actually help you to be a better lover.

"You probably will become slower to obtain a spontaneous erection and you will require more direct physical stimulation by your partner."

The sexual physiologic changes which come with maturity are predictable and clearly definable. First of all as you become older you probably will become slower to *obtain a spontaneous erection.* When you were in your late teens or early twenties you probably became erect in a matter of seconds upon entering a sexual situation.

Front page of Premier Issue (greatly reduced in size).

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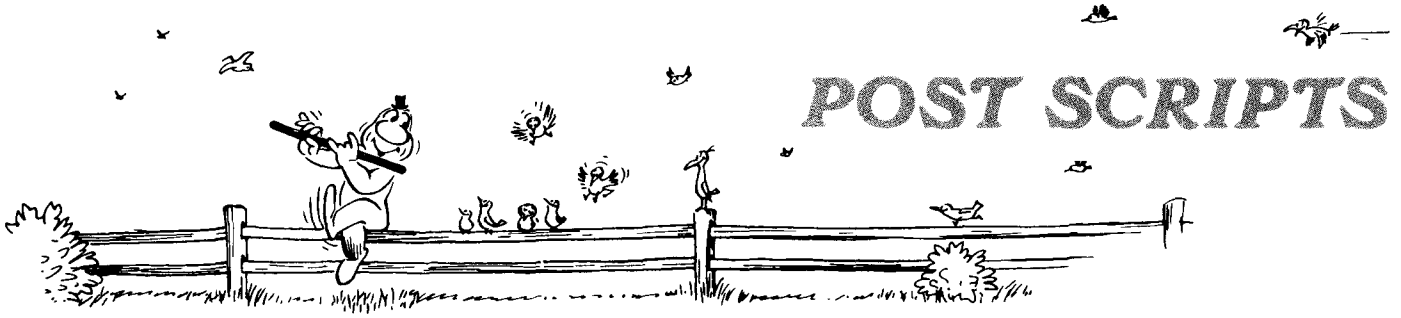


POST SCRIPTS

True Confessions

Three clergymen fell one day to discussing frailties of the flesh. One admitted he had been guilty as a youth of using profanity at times. The second confessed there were occasions when he sipped a wee bit of wine.

"Well, brothers," the third said as he gathered his things together, "my besetting sin is gossip, and I can't wait to get out of here!"

—Kris Lee

A Live Wire

A man arraigned for assault and battery was questioned by the judge. "What is your name, occupation, and what are you charged with?" the judge asked.

"My name is Sparks; I am an electrician, and I'm charged with battery."

It took the judge a moment to recover his equilibrium before he came to a decision: "Officer, put this fellow in a dry cell."

—James Curnane

Power of the Spoken Word

Nothing is quite so annoying as to have someone go right on talking when you are interrupting.

—Rose Sands

Part-ing of the Ways

An auto mechanic decided to do something nice for his wife on their 20th wedding anniversary, so he took her on a second honeymoon. Everything went fine—that is, until he tried to return the worn parts.

—Kathryn Carrier

You Can Bank on It

Martha was lecturing her daughter about accepting expensive gifts from her boyfriend. Martha's husband, a banker, listened in silence until she prodded him: "Well, Henry, say something!"

"You handle it, Martha," Henry said quietly. "But remember that interest increases with the amount of investment."

—Ivern Ball

The Educated Guesser

Education: that force which moves a person from the realm of cocksure ignorance into the sphere of thoughtful uncertainty.

—Thomas LaMance

Cheep Talk

"Now I know why you women are called birds. It's because you are always chirping."

"I always thought it was because of the worms we pick up."

—K. W. Kenney

A Gram of Prevention

A couple had returned home late from a party. As the wife prepared for bed, her husband went into the bathroom and came back with two aspirin and a glass of water. He handed them to her.

"What's this?" she asked.

"For your headache."

"But I don't have one."

"AHA! Gotcha!"

—Martha J. Beckman

Goodness Grace Us

The steps toward social graces
Are the same from north to south:
Just put your best foot forward,
Instead of in your mouth.

—Charles Ghigna

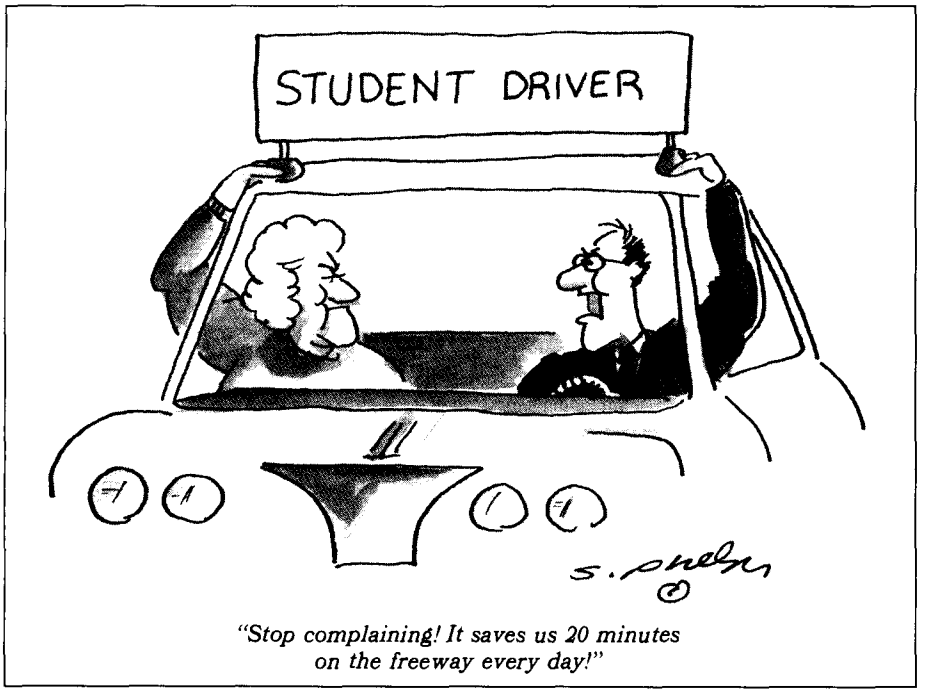
Check-ing It Out

There is a wonderful book that tells you where to go on your vacation. It is called The Checkbook.

—B. Bader

Deft-initions

Weapons dealer: Merchant of menace
First haircut: Mane event



"Stop complaining! It saves us 20 minutes on the freeway every day!"

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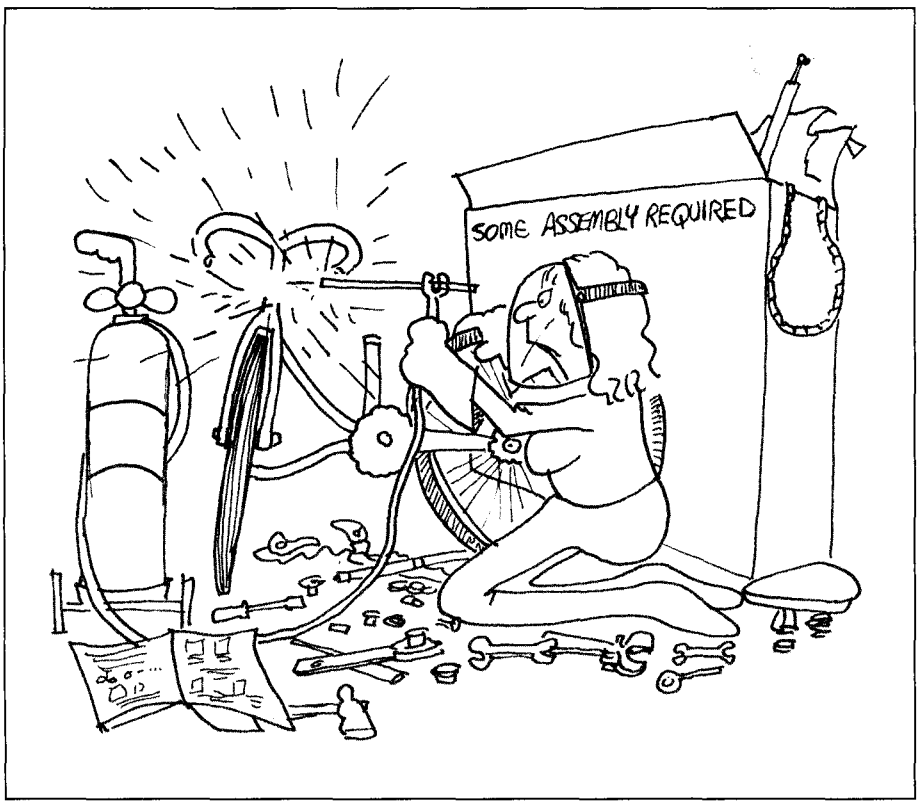

Optimist: Gladabout
Chronic teaser: Irkaholic
Inherited clumsiness: A touch of fall in the heir

—Hank Billings

In Season or Out

America: the land where, in the middle of winter, women buy spring clothes for summer romances with fall guys.

—Jeanie Blass

Other Mothers

Other mothers know the score;
Other mothers touch all bases.
Other mothers pierce their ears
In six or maybe seven places.

Other mothers know what's "in";
Other mothers know what's "out."
Other mothers keep their cool;
Other mothers never shout.

Other mothers all are modern;
Other mothers know the hits.
Other mothers think "designer";
Other mothers give me fits.

—Patricia Maloney

Making a Man out of a Monkey

A fast-talking salesman called up a wealthy prospect and gave his pitch for 15 minutes straight—the first time he had ever gotten that far uninterrupted. Suddenly there came a series of bloodcurdling shrieks from the other end of the phone, followed by a butler's apologetic voice.

"Terribly sorry," the butler said. "But every time I'm not looking, the chimpanzee answers the phone."

—Robert A. Sasserath

Clothes Observation

From hamper to the washer,
From dryer to the drawer,
I check each pair to see
If there are any on the floor.

But still a sock escapes me;
Behind my back it goes.
I'd hire a detective, but
He'd say this case is clothes.

—Charles Ghigna

Touching Story

You know that you're getting out of touch,
Of the title "old timer" a claimant,
When you tell a salesman the price is too high,
And he says, "That was just the down payment."

—George O. Ludcke

Low Interest Rates

"My husband hasn't the slightest interest in what I do," she wailed. "All he seems to care about is whatever-it-is he does in wherever-that-place-is he works."

—Al Batt

Through Thick and Thin

The ones who say my skin is thin
Are those who are always much quicker
To use sharp words whose razored edge
Would cut a skin much thicker.

—Bil Gillick

Slim Pickings

Hard work is the key to success,
Yet it shouldn't come as a shock
To learn that there are people we know
Who would prefer to pick the lock.

—Muriel Kovinow

Canned Beef

If you don't think a metal structure can shrink when wet, try living in a camper with four children and a dog during a few days of rain.

—Oliver E. Frazier

Don't Leave Home Without Them

Grandparents live in happiness;
They're free at last of strictures,
Excepting that they must possess
A wallet full of pictures.

—Dick Emmons

He's Fantastic!

A man named Fantastic Jones took the brunt of ridicule and jokes directed toward him all his life. He made his wife promise, should he die first, to leave his first name off his tombstone.

Sure enough, when it came time, Mrs. Jones had this inscribed on his tombstone: "Here lies Jones, a good and faithful husband who never looked at another woman with desire and was a perfect father to his children."

Thereafter, whenever anyone read his epitaph at the cemetery, he or she would invariably exclaim, "Fantastic!"

—Norman V. Olsson

Go to the Head of the Class

"Billy, who is the laziest member of your class?"

"I dunno, pa."

"I should think you would. When all the others are industriously studying or writing their lessons, who sits idly in his seat watching the rest, instead of working himself?"

"The teacher?"

—James Curnane

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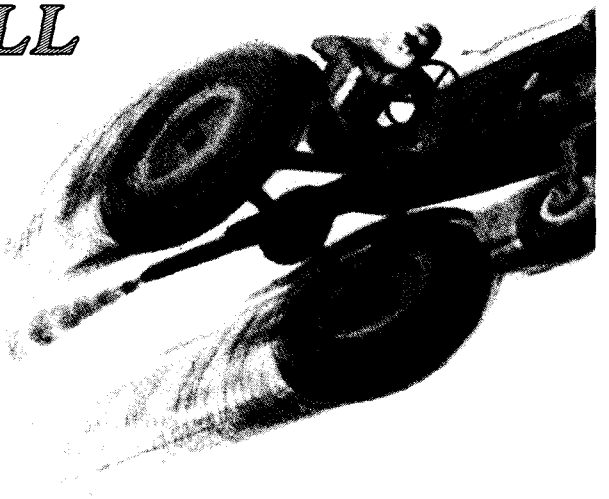
GRANDPA HOPEWELL AND HIS FLYING TRACTOR



An Iowa farmer in Southern California can spell trouble, as grandpa discovered—especially when a flying tractor is involved.

by Wilbur Schramm

Illustrated by Glen Fleischmann

Synopsis:

From the moment Grandpa Hopewell climbed on his tractor, the two were destined for more than plowing the east 40. One day, in a stroke of genius, grandpa fueled the tractor with his potent homemade cider, and it roared off to race an eastbound train. As a fence fast approached, grandpa's determination soared skyward—and his tractor followed. All went well—until he accidentally toppled a church steeple, that is. The ensuing investigation made grandpa famous, but no one believed his story. As guest of honor at the Iowa Picnic in California, he set out to prove his tractor could fly.

Conclusion:

The papers reported that grandpa spoke about three minutes in the Hollywood Bowl.

They had expected a little longer address, but it was all right, because the man who introduced him talked 25 minutes, and there were a number of movie actresses on the stage.

According to the papers, grandpa talked about land. "It's the only thing I know to talk about," he said. "I'm a farmer. Maybe you city folks don't rightly realize how well a farmer gets to know his land. When a farmer lives, his land becomes a part of him, and when he dies, he becomes a part of it. But I want to tell you something. No man rightly knows his land until he sees it from a long ways above. Till then, you can't rightly tell how it's connected with the rest of the world. Till then, you think your own land's mighty big and important and unusual."

That was about all grandpa said. But the papers said there was a lot of applause for the Iowa farmer.

Back home, all Guthrie County had assembled around its radios to hear Grandpa Hopewell at the Iowa Picnic in Long Beach. The picnic wasn't as big as usual because of the war; only about 100,000 people were there. And four radio networks.

"He's only a wisp of a man, but wiry," an announcer said. "Must be plenty tough to chauffeur that tractor around. He's wearing blue work clothes and an airplane helmet. His white beard sticks out of the helmet and trails down his shirt front. And, ladies and gentlemen, I wish you could see this afternoon sunlight on the mountains. Southern California sun and Southern California mountains. I haven't seen the Alps, and I haven't seen the Andes, or the Himalayas, but I am sure that nowhere on earth is there a sight like the afternoon sun lighting up these Southern California mountains."

"I'm so glad we didn't let him take all that cider with him," Adelaide Hopewell said to Minnie as they listened to news of their father-in-law.

"And now there seems to be something wrong," the announcer said. "Mr. Hopewell is conferring with the officials. Every few minutes out here the mountains change color. Now they are a kind of deep orange. And here come Mr. Hopewell and the officials toward the platform. Ladies and gentlemen, I wish you could see what I see as I sit here and look over the orange groves toward the sea."

"What do you suppose can be wrong?" Minnie asked.

"He needs so much taking care of," Adelaide said.

"Ladies and gentlemen," the announcer said, "if we can take our eyes off this gorgeous Southern California scenery for a moment, we observe that the chairman of the Iowa Picnic is speaking to the crowd. Let's see whether we can hear what he is saying. Yes, he is saying that Mr. Hopewell is not prepared to exhibit his tractor because his fuel has not arrived from Iowa."

"What fuel?" asked Minnie.

"The chairman says Mr. Hopewell feels his tractor requires special fuel. However, the chairman says they have arranged to get airplane gasoline for him, if that will do. Mr. Hopewell is shaking his head, negatively. Ladies and gentlemen, I wish you could see these mountains. The chairman is talking earnestly to him. Mr. Hopewell shrugs his shoulders. The chairman smiles and waves to the audience. Apparently, Mr. Hopewell has consented. And now they are pouring the gasoline—or, as our Allies say, petrol—into the tractor, and the exhibition is about to go forward. Ladies and gentlemen, we are about to see whether a tractor can actually fly. And where could the test be made more appropriately than in this lovely Southern California setting? Now they are starting the tractor's motor. It sounds exactly like an airplane. Mr. Hopewell is shaking his

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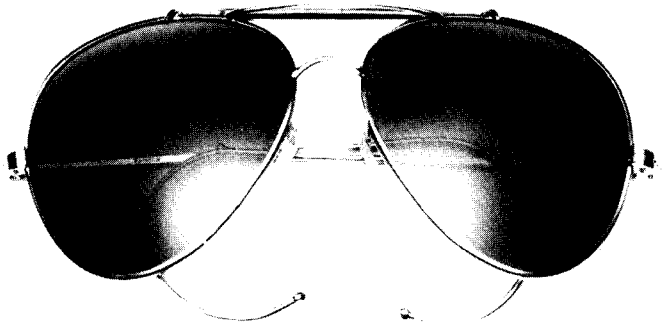

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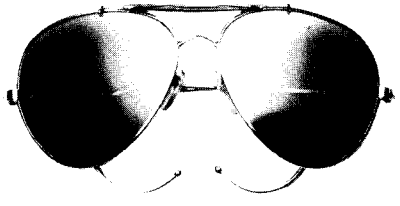
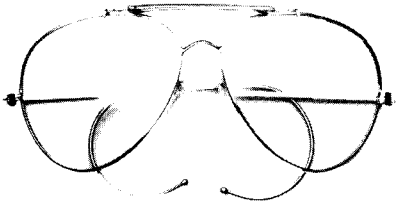
Grey



Yellow (perfect for night driving & shooting)



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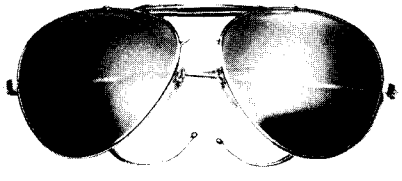

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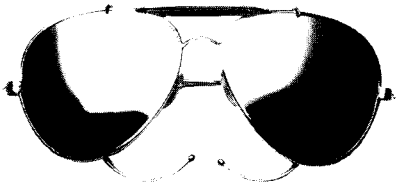

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head. He indicates it isn't supposed to sound like an airplane. But now he is starting off around the field. Just as the sun turns the near mountains to purple."

"It must be lovely out there," Adelaide said.

"And now, ladies and gentlemen, Mr. Hopewell is circling the field at high speed. You've got to hand it to this old gentleman from Iowa. He certainly can handle that tractor. But he makes the most extraordinary motions. Ladies and gentlemen, this is one of the most extraordinary things I have ever seen. Every hundred feet or so, Mr. Hopewell seems to jerk the steering wheel, as though he were trying to pull the tractor off the ground by main strength. And he grunts. Yes, ladies and gentlemen, he grunts. And now the whole audience is intent on the scene before it. Is the tractor going to fly? Mr. Hopewell is still jerking and grunting, but the little tractor is staying firmly on the ground. All three wheels. Ladies and gentlemen, the tractor is not flying. And now the audience is laughing and tossing paper plates and napkins into the field where the little tractor is still dashing around in a circle. The tractor is stopping and Mr. Hopewell is getting down. He looks bewildered. He starts toward the officials. Ladies and gentlemen, you can probably hear the sound that is going up from the crowd. We might call it—in another part of the country, of course—a Bronx cheer. And now, as the setting sun gilds the tops of the everlasting peaks of Southern California, we return you to our home studios."

They say a collective groan went up from all the living rooms in Guthrie County where the radios still had batteries, and it seemed as though a deep blue cloud issued out of the loudspeakers and settled over the Great Plains. For, more than anyone cared to admit, Grandpa Hopewell had become a symbol. Through grandpa and his cocky little tractor, the farmers could thumb their noses vicariously at the city slickers. Thinking of the flying tractor, they could dream of a future in which farm life might be one long Saturday night. And so it was that when the newspapers and radio commentators had a good laugh over grandpa's performance at Long Beach, the farmers gritted their teeth and scowled at their families.

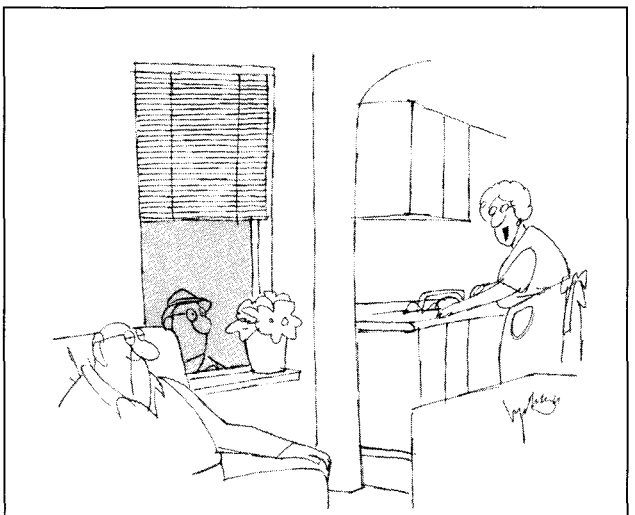
"The poor man," Adelaide said.

"It was pride," the parson said. "Do you remember how he used to say: 'The Wright brothers flew this far, but Hopewell flew *this* far'?"

"The way they treated him," Pete Littlefield said, "we wouldn't even treat a Democrat."

"His spirit must be broken," Minnie said.

But they got a telegram which seemed to indicate that his spirit might be no more than bent. SEND 20 GALLONS MY CIDER, it read, OR WILL CUT YOU OFF WITHOUT PENNY. They sent the cider.



"Wait till Frank next door finds out you got the sports channel."

"Maybe he needs to forget," Adelaide said.

By the time Grandpa Hopewell got the cider, of course, he had dropped out of the newspapers. To find out what happened after that, you have to put what little he was willing to tell together with a lot of other facts.

He says the cider came in late afternoon, and it was nearly sunset before he could fill the tank and get ready to take off. There was a crowd around the tractor, making fun of him, he said. Nothing pleased him more on the whole trip than the expressions on the faces of those scoffers when he circled back over them and did a couple of lazy-eights, his beard curving gracefully in the wind.

He flew up the coast past Hermosa and Redondo Beach and Santa Monica, and then he turned east toward Hollywood. He squinted along a line of lights that he figured was Sunset Boulevard and could see past some of the movie studios right to the pillars of the Los Angeles railroad station. If only he could remember where those Lane girls lived—the ones from Indianola, he thought—he could drop down and call on them. He wondered whether it would be too early in the evening to see some of this Hollywood night life as he passed over. And then the darnedest thing happened, he said. The lights went off. First the long armies of street lights marching toward the mountains, then the twinkling home lights, and finally the big red and blue and yellow neon signs.

"Turn on those lights!" he yelled down at Hollywood. "How d'ya expect a man to find his way?"

In Guthrie County, Minnie's radio read an excited bulletin from Los Angeles.

"Poor father," Adelaide said when Minnie telephoned her. "I hope he is in a good, safe place."

Grandpa Hopewell says he couldn't figure out why they were having fireworks. If they celebrated this way on an ordinary day, what must they do on the Fourth? Rockets seemed to be going up on all sides, and searchlights streaked the sky. It must have cost a pretty penny. When he turned southeast, aiming for the city-hall tower, something sizzled past him. A second later, he heard a dull pop, as though someone were bursting a half-blown-up paper bag. It was a suspiciously familiar sound.

"Is some buzzard down there shooting at me?" he shouted into the darkness.

"This is not a drill," Minnie's radio announced. "Pedestrians are frantically seeking shelter. The motors of the unidentified planes can be heard distinctly in downtown Los Angeles. It is thought that they are in large numbers and flying at a great height."

Grandpa Hopewell flew around the city hall several times to get his bearings and watch the fireworks. He rec-

continued on following page

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100 YEARS

A MEMBER OF THE AMERICAN ASSOCIATION OF HOMES FOR THE AGING, WASHINGTON, DC

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ognized the May Company and Bullock's and the Broadway Department Store and a park that must have been Pershing Square. Just then his engine hood flew away as though somebody had picked it off.

"Watch where you're aiming those Roman candles!" he howled angrily.

"This display of an angry city's armed might is the most dramatic sight ever seen in Southern California's unparalleled setting of sea and mountains," the radio said.

Grandpa Hopewell headed toward a tower in an open space that he judged was Forest Lawn. Something caromed off the axle and turned the tractor cleanly over. Grandpa said he hadn't known the tractor could do an outside loop. He had a hard time pulling it out. It seemed to want to do another one.

"The mysterious planes are taking evasive action," the radio said.

Grandpa Hopewell shook his fist into the night.

About that time he arrived at a generalization from which he has never departed: that the inhabitants of Southern California are for the most part lunatics. He stepped on the accelerator and headed toward Iowa.

The air, he said, was as rough as an Iowa road before the scraper comes in the spring. He steered toward Mount Wilson, which still had a little light on its summit. Out there, he figured, there ought to be some open space. All around him, the fireworks lighted up row on row of white bungalows. He talked to the little tractor, and it hurried and panted. And then, when most of the fireworks were behind them, something hit the tractor squarely and it seemed to go to pieces like a set of dominoes—one tire to this side, engine to the other, and the gas tank flying far ahead as though nothing could stop Guthrie County cider. Grandpa Hopewell landed in an orange tree. Lucky, he said, they were flying low.

"Come down! Come down out of there!" somebody was yelling at him. "You boys ought to know better than to climb these young trees!"

Grandpa said he didn't even feel like arguing by that time.

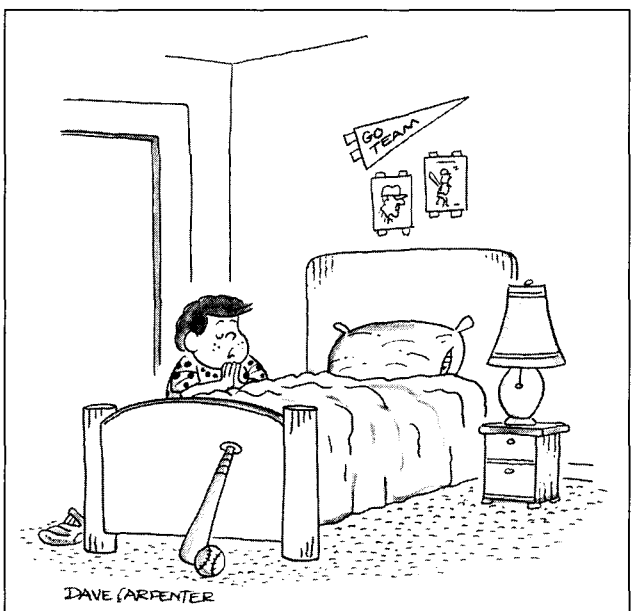
He was still drooping and dispirited when he got back to Guthrie County. He looked older than they had ever seen him.

"His spirit is broken," Minnie whispered.

"What you need is a long rest and us to take care of you," Adelaide said. "Here. I'll get your bedroom slippers."

"It must have been lovely out there," Minnie said.

"Funniest place I ever saw," grandpa said. "Everybody crazy over fireworks."



"I've mentioned this before, but my curveball still isn't breaking down and away from right-handed batters."

"The idea!" Adelaide said.

"I'm glad you wasn't in that air raid," Minnie said.

"What air raid?" Grandpa Hopewell asked.

"You're joking," Minnie said. "The big raid on Los Angeles."

"Oh," grandpa said. And then again, "Oh. Look," he said, after a moment's thought, "nobody says I caused that air raid, do they?"

They laughed at him. "They never did find the plane that caused it," Adelaide said.

"Nobody ever believes things like that about me," grandpa said almost sadly. "Who is this?" he asked, pointing to the stranger in the army suit.

"This man works for the government," Minnie said. "Builds airplanes. He's been waiting for you."

"I came to talk to you about your flying tractor," the visitor said, undraping his long legs from the rungs of the kitchen chair.

"You know," grandpa said, "I hate to lose that tractor. I had plans. I figured I might come back and organize a Guthrie County Tractor Flying and Cider Society. Shucks, what would a chicken in every pot be to a flying tractor in every barn? I thought I might even join the air force. Many a time I bet they could use a flying tractor," he said.

"You bet the air force could use you," the visitor said.

"But now I've got no tractor," Grandpa Hopewell said. "You can't fly just any tractor."

"You don't need a tractor," the stranger said. "The thing we're most interested in is what kind of fuel you use to make your tractor fly."

"Cider," grandpa said. "Come over here a minute."

The visitor coughed and studied the rest of his cupful. "Mr. Hopewell," he said, "can you make this—this cider for the air force?"

"Can you get me some kegs? They're scarce now," Grandpa Hopewell said.

"Now, father," Adelaide said, "don't get excited. Wouldn't you like a little nap?"

"You take the nap!" grandpa said. They say he looked ten years younger.

I hear they took grandpa to Washington, built him a keg nearly as big as Guthrie County, and bought up half the apples on the market. And what do you think will be pushing the new jet-propulsion planes when they go over Tokyo? That's right—Grandpa Hopewell's high-octane cider. And as for grandpa himself, they say he looks like any other spry young general in the Pentagon Building now. No, I never saw him there, but I never could find anybody in the Pentagon Building anyway.

Wilbur Schramm first captured the imaginations of Post *readers in 1943. His long career has included winning an O. Henry prize for fiction, writing for Roosevelt's fireside chats, and heading the University of Iowa's journalism school.*

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OH, VANNA!

Turning letters on "Wheel of Fortune" and heads at airports is only the beginning for the shapely TV phenomenon, who is also turning out a book, a diet video, and lines of Vanna White clothing and jewelry.

by T. Klein

Vanna White is in a chipper mood this morning. She bubbles and laughs, which is typical. The topic is fame, her fame, and she has some ideas on it. That's typical, too. From Socrates to Voltaire to Benjamin Franklin, fame has given illustrious individuals food for thought. Consider the giddy simplicity of Lord Byron, who mused, "I awoke one morning and found myself famous."

The same holds true for White, television's Queen of the Alphabet, who discovered radiant fame cast upon her with the same suddenness that Byron's was. And therein lies the mystery. The pretty Southern belle triumphed by turning letters on the TV game show "Wheel of Fortune." That's it. "They call me a hostess," she says. "But I'm really just a letter turner."

Only a letter turner, perky Vanna White can't explain her sudden fame. "It's hard for me to define or understand why all this has happened to me," she says.

That's not to be taken lightly, though. In the past year, Vanna White seems to have become familiar to everybody on the planet with a television; she's a legitimate one-woman phenomenon who's ogled daily on "Wheel" by an audience that numbers a staggering 43 million. As the laureate of letters on "Wheel," she models some of the glitziest gowns this side of Barbie's wardrobe, turns letters on a game board, and occasionally busses the cheek of a big winner. Nothing more, nothing less. And for this she's become one of television's supernovae, a star who has enraptured the American public like the first intoxicating blush of spring. "I turn letters on a game show," she muses. "It's hard for me to define or understand why all this has happened to me."

Such artlessness has become White's stock in trade. She's the first celebrity ever to emerge from the anonymous position of game-show hostess, and her success is certainly not based on a talent for great dialogue: she has no lines on the show. No matter. Her country charm, gee-whiz smile, and centerfold figure are plenty, thanks. The payoff: a salary estimated well in excess of $100,000 annually and thousands of fan letters each week. "There's a lot of people out there who know who Vanna White is," she says, as if revealing a long-held secret. "It's very nice to reach people like that."

It's too easy to make fun of White, so most critics don't. The derisive comments ("just a dumb hostess") and the jokes ("never has so much been made of so little") are old news to the former cheerleader, whose only breach of modesty has been to say she's laughing all the way to the bank. But White, 30, is nothing if not herself—sweet, wholesome, and as genuine as the thick Southern accent she collected growing up in North Myrtle Beach, South Carolina. She once got so excited when a "Wheel" contestant won a new car she fell off her platform. "I think people like me

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because I'm just a real person," she says. "I'm sincere and not intimidating to anybody."

That's an understatement, given that her harshest expletives are "my goodness" and "shoot." White seems to have taken her cues on charm and personality from Dolly Parton. Take her aw-shucks attitude toward fame. "I'm so close to it all that I really don't see it," she says. "I still feel like the same person. The only difference is when I walk through airports I hear people say, 'There's Vanna White.' " Then there's the silliness of her celebrity, which she takes seriously, knowing that people are interested in her favorite color (pink), food (potatoes), and TV show ("The Flintstones"). She even revealed to one interviewer that hers are "the ugliest toes in the world."

The effervescence is endless. White typically works two days a week, during which ten episodes of "Wheel" are taped. That translates into ten different changes of wardrobe and make-up. Her tiny dressing room, replete with sofa, make-up mirror, and television, drips with enough rhinestone jewelry and tacky prom-style dresses to outfit an entire beauty pageant. In front of the camera at one taping, she is a fashion statement all her own, wearing a ruffled blue dress, purple eyeliner, and pink lipstick. The ensemble draws oohs and ahs from an admiring audience that can't quite get used to viewing the ebullient White in the flesh. "They don't let me keep the clothes, but I really like wearing them," she tells a woman in the front row.

At home in the Hollywood hills, exactly 4½ miles from her NBC parking space, White tries to shut out the Hollywood hoopla and glitter that have put her atop the A list of tabloid quidnuncs. "Most of what people read about me in the gossip columns isn't true," she says of her virtually weekly mention in the scandal sheets. "They're making me out to have a lot of fun." She likes to hang out in sweats or jeans and pet her two cats, Rhett and Ashly—anything to avoid the spotlight. "I'm a shy person," she says. "I'm pretty private, maybe on the boring side. A fun night is staying home, watching TV, and petting my cats."

Still, her life is hardly as anemic as she describes it. White credits the unprecedented popularity of "Wheel"

The trio of game-show host Pat Sajack, Vanna White, and the "Wheel" attracts a daily audience of 43 million.

for her sudden stardom, an occurrence the *Washington Post*'s TV critic, Tom Shales, calls "a television phenomenon that bears no serious analysis." No matter. Her question isn't why, but how. She's spent the past year attempting to capitalize on this phenomenon without tarnishing her appeal. First, she released two tasteful posters bordering on the sweet side of cheesecake. Then, she tackled her autobiography, entitled *Vanna Speaks*, which she calls one of the best things she's ever done. "It felt terrific writing it," she says. "It was very therapeutic. I started reliving my past, experiencing things I did as a child, and it was very cleansing."

"It's just a fun thing, not a heavy book," she says, though the resulting work is surprising, if for no reason other than its lack of surprises about a woman whose professional feathers have been ruffled only by *Playboy* publisher Hugh Hefner's promise to publish old photos of White modeling scanty lingerie. She says of her book: "People will see that I'm just a normal person like everybody else." To her credit, the focus isn't entirely fluff. "I've experienced death in the family, and it's how I dealt with all that," she adds. "I've also experienced negative things when it comes to my success, and I hope it will teach young girls [not to make] the mistakes I've made along the way."

However, it would be difficult for anyone to follow the path White strode to fame and fortune. The daughter of a real-estate broker and a "very independent" mother, she was dominated in childhood by the dream "of being a movie star." She took courses at a school of fashion design in Atlanta and then worked as one of that city's top models, but she desired more. She moved to Hollywood in 1980. "I got in a 20-foot U-Haul truck and drove out to California not knowing anybody or anything," she says. "But that's what you sometimes have to do.

"Anything could have happened," she says of the move. "But I think you should do what you feel, what your heart tells you." Aiming first at the movies, she landed bit parts in minor films—*Looker* and *Graduation Day*. But television quickly became the ticket when she auditioned in 1982 for "Wheel" in front of the show's creator, Merv Griffin, who chose her from among more than 200 women. "He told me that I turned the letters better than anyone," she recalls. Now this serendipity strikes her as funny. "It all started when I was about three and ate a bowl of alphabet soup," she says. "I knew something would come of that."

Despite all the fireworks, there was one bleak event with which she had to cope. Little more than a year ago, her actor boyfriend, John Gibson, 37, was killed in a plane crash. (White discusses the tragedy in *Vanna Speaks*.) "I'm a basically pretty optimistic person," she says, describing a trait that no doubt buoyed her in those difficult times. She's now packaging that optimism in the form of a diet-advice video. "It's just going to be me and what I do, not a Jane Fonda kind of thing," says the svelte beauty, who stands 5′6″ and weighs 107 pounds. "People will probably be shocked to hear me talk."

If anyone's waiting for a pall to settle over White's dizzying rise, he's in for a long wait. More deals and dollar signs lurk in Vanna White lines of clothing and jewelry, more TV commericals, and guest-star appearances. But she's about as likely to change from all this as New Orleans is to renounce Cajun cooking. "I still have that Southern accent when I talk to

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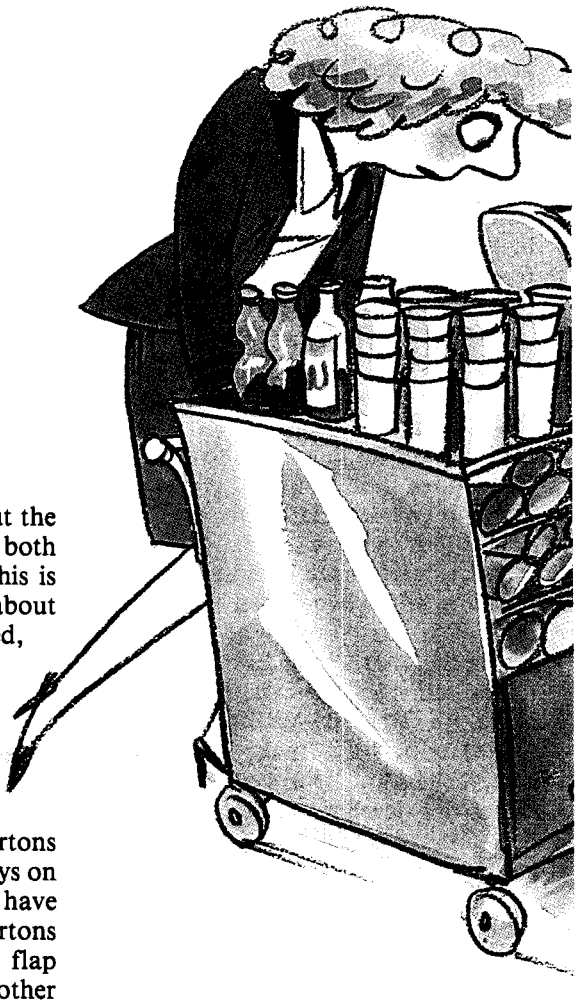
OPEN SESAME, MY FOOT!

Flight attendants' passing out peanuts in soft steel is but one of life's challenges for the bungler.

by Maynard Good Stoddard

Illustrated by Don Trawin



I've never had what you could call good luck when it comes to opening things.

You know those cans of sardines with a key taped to the bottom of the can? I have to have help removing the key. And then when I fit it over the tab on the can, I wind no more than an inch before the key goes off the track and I have to hunt up a buttonhook to hook the little suckers out. You talk about piecemeal!

Or take those *Reader's Digest Condensed Books* that come encased in cardboard. I usually sacrifice my three best fingernails before hitting upon that dotted area about the size of a dime that invites me to "push in and tear." I'm lucky if I can push in, much less tear. And if my luck holds, I've made a hole big enough to insert a pair of shears, and I can cut around the box without ending up with a loose-leaf book.

Then there's the Home-Canned Fruit Jar caper. When the dear woman who canned the stuff can't remove the lid by the wifely way of twisting, by tapping the top on the floor, or by sticking the lid into a pan of hot water, she hands it to me. If the jar should be too hot to handle without the hot pads she is using, it makes for all the more fun. From her point of view, that is. She is even more delighted when I stick the jar between my knees and try to twist off the top using both hands—and succeed only in rolling up my pant legs until they are horizontally creased beyond all redemption.

Now that my pants are shot anyway, I lie down on the floor, put the top against the wall, hold it with both feet, and try twisting the jar. This is good for exercise, but that's about all. So again it's out to the shed, putting the jar in the vise and twisting off the top between the handles of the hedge trimmers. And nine times out of ten I open a jar of cooked apples, which I hate.

Even those half-gallon milk cartons give me trouble. "Open" is always on the other end from the end I have opened. And the ice-cream cartons that prefer to be closed "this flap first"? I've already closed the other flap. And that red string the Life Savers people have thoughtfully provided for me to pull? I'm usually down to one grape and one lemon before coming across the thing.

Last February I proudly brought home to my little homemaker a Samsung microwave oven. The fact that it happened to be Groundhog Day was just a coincidence, as I tried to explain, but still the ceremony was somewhat less than congenial.

Concealing her joy as best she could, she surveyed the bulk of the carton and asked, "Why did you bring *that* home? We haven't got room for it, I can tell you right now!" I asked if she would mind telling me what it said near the bottom of the box, for I had knocked my glasses off wrestling the carton through the door.

"It says, 'This End Up,' " she said.

So I risked a rupture for the second time by turning the box end for end, and I began looking for the end on one of the six bands of tape. It mattered little that I found it—the tape had been inlaid with steel threads that defied both pulling and cutting with shears. My wife finally thought of the hacksaw.

Now it was only a matter of removing the molded Styrofoam protection in case the carton should happen to be dropped from the top of the Empire State Building. After trying every trick known to macho man, I headed for the shed to see if the pickax would loosen one of the things. Spouse caught up with me on the way back and said she had pried out one piece of Styrofoam with the handle of the fly swatter.

When the oven was finally out of the box, she was right, by golly—we didn't have room for it. After trying to wedge the oven under the top cup-

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boards and heave it on top of the refrigerator, I finally smashed the radio stand flat with it before giving up and giving it to our daughter. Her house has more of a barn decor. Later, while burning the carton, I noticed among the ashes the glass liner for the bottom of the oven. All the better to match, I suggested, for both oven and glass liner now were black.

Being unable to open things at home is bad enough; away from home it's worse. Like on airplanes.

By the time the snack is served I have already distinguished myself trying to get at the packet of honey-roasted peanuts that accompanied my Diet 7-Up. What appears to be a sack made of accessible foil turns out to have been constructed of flexible steel. My dear wife takes pride in showing me up by ripping the end of her packet open with her teeth. But her front teeth came with the body; mine, from the dentist. And I'm not about to shoot them over the head of the stranger on my left and onto someone's tray across the aisle. Nor will I humble myself by asking my wife to gnaw her way into my sack.

I once tried sticking one end into the ashtray and holding down the lid while giving a sharp jerk on the other end. Unless you can use the exercise from picking up peanuts over a radius of four seats, I don't advise it.

On another flight I was inspired to squeeze out into the aisle, where I could hold one end under my heel. Because this happened to coincide with the flight attendant's arrival with the snack cart, she stepped on my hand, and in the confusion she ran a wheel over my peanuts. When my dear wife finally gnawed her way into the sack, I found nothing but peanut meal. Since that time I have brought the packet home, where I can put one end in the vise and snip off the other end with my pruning shears.

The snack Frisbeed onto my seat tray by the attendant has been wrapped in cellophane that has no apparent seam. The airline folks have evidently discovered a process for welding this stuff into a stubbornness that outdoes even the peanut defense. Asking spouse to open it with her teeth is asking for the conventional rejoinder, "Don't be stupid!" The next best thing is to stab an opening with my ball-point pen, trying to stop short of leaving ink on the ham or Swiss cheese of my sandwich entree.

So now I can peel off the wrapper and I'm all set, right? Not quite. First I have to get rid of that blasted wrapper. If only money would cling to me the way that stuff does, I could buy my own plane and have things served unwrapped. I can't shake the stuff off. I can't scrape it off under my arm. I take a few bites with it stuck to my hand, but the rattling draws a crowd. One time I succeeded in putting my heel on it and pulling it off. But the thing was still clinging to my heel when I left the plane.

The salad looks good, but the salad-dressing packet was made by the same people who locked up the honey-roasted peanuts. It really doesn't matter, because the utensils have been secured in their little cellophane vault. So I settle for the ham-and-Swiss-cheese sandwich, without mustard. The mustard—you guessed it. Lois refuses to bite the end off. There's still a slice of fruitcake, but its little raisin eyes are staring up at me smugly from behind its cellophane fortress.

Then there are those occasions I've locked my keys in the car. Teen-agers have no trouble getting into their cars when they're locked out. Or other people's cars, for that matter. Some men fasten a wire coat hanger to the back bumper for just this purpose. Women have success with bobby pins. I carried a coat hanger for a while, but inside the car—which didn't do a heck of a lot of good.

My last such occasion occurred at Dyer's apple orchard. Why I locked the car I don't know, unless I was subconsciously concerned that someone might run off with the floor mats. But lock it I did, and I staggered back with a half bushel of golden delicious. Or deliciouses, for you grammarians. No coat hanger, no bobby pin, and the rain rejoicing more and more at my predicament.

Fortunately, or so I thought, I spotted a single-strand fence running along the field just beyond the ditch. So I said to myself, *I'll set down the apples, negotiate the ditch, and bend off a length of that fence, from which I will fashion a hook on one end to go through the rubber ring around the window and pull up the lock.*

If our Congresspeople aren't too busy, I have a suggestion. There should be a law that electric fences carry warning tags: "This fence may be hazardous to your health." I had no more than laid my dripping hand upon the thing than I executed what professional ice skaters call, I believe, a triple "sow-cow." High hurdlers would call it impossible. Had it not been for the water in the ditch cushioning my landing, I could very well be there yet. I've had fluorescent liver spots ever since.

The next time I felt well enough to go out for dinner, the restaurant's toothpicks were wrapped in cellophane. I'll never go back.

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MAYBE IT WAS SOMETHING YOU ATE

Salmonella continued—how the bacteria get into your food and where they can hide and breed in your kitchen.

by Penny Ward Moser

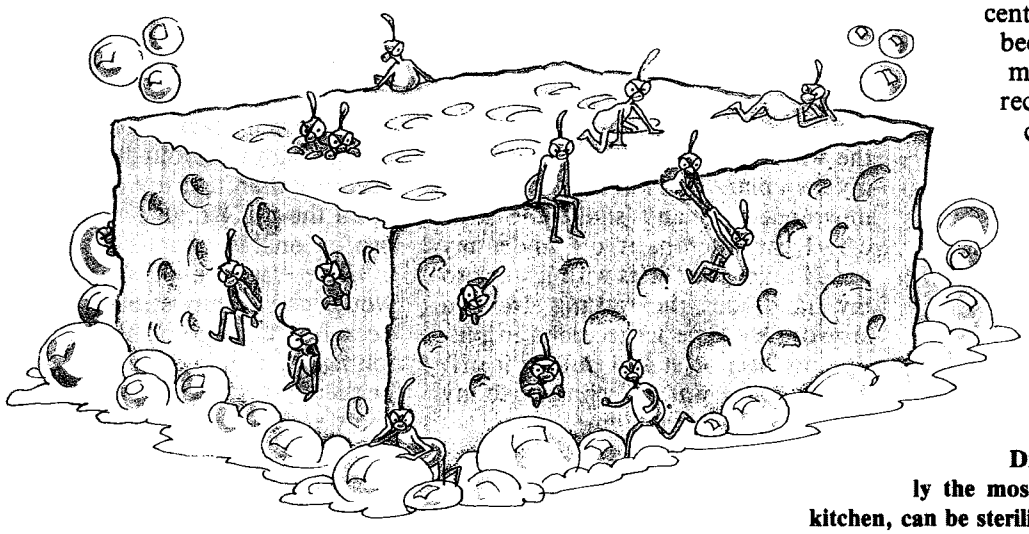
Illustrated by Marcus Hamilton

Conclusion: Salmonella shouldn't be confused with the common food poisoning *Staphylococcus aureus,* sometimes nicknamed "Roto-Rooter disease." These bacteria produce a toxin to which the body responds almost immediately by ordering a total evacuation. This provokes violent spasms throughout the digestive tract, frequently causing vomiting and diarrhea simultaneously. However, it's rarely serious, and the symptoms last only a few hours.

By contrast, salmonellosis symptoms, which include headache, rumblings in the bowels, diarrhea, and sometimes fever and vomiting, appear between 6 and 72 hours after the bacteria are ingested. That's why it's often tough to figure out what food did you in, unless you're one of a group of sufferers who all ate the same thing. Even then, salmonella plays tricks. The bacteria can't get around very well on their own, but at room temperature they can double their population every 25 minutes. These two factors can make a salmonella infection in food very localized: all the party-goers who eat from the northwest corner of the scalloped-potato pan might be fine, while those who serve themselves from the southeast quadrant become sick. This also explains how it is that two people can eat the same thing at a restaurant but only one gets sick.

The severity of salmonellosis is also directly related to dosage: a small amount of the bacteria will make you a little bit sick, and a whole lot will make you very sick. What constitutes a whole lot can vary from serotype to serotype. It can take a million of some kinds, but the potent *S. ealing* can make you sick if only a single bacterium slides down your throat.

Salmonellae find body temperature very comfortable, and if you've eaten food they like—say, a big turkey dinner and some eggnog, which neutralize stomach acids—they survive more easily and travel to the intestines, multiplying as they go. When a sufficient number of pathogenic bacteria reach the intestinal wall, the bowel's defense mechanism responds by manufacturing copious amounts of mucus, drawing water from the bloodstream, and pushing everything out of the intestines quickly. By repeating this process frequently as long as necessary, the body will excrete most of the bacteria. However, though the bacteria don't usually colonize in the body, about 3 percent of salmonellosis sufferers become carriers, like the infamous Typhoid Mary, the direct cause of more than 50 cases of typhoid fever and three deaths while working as a cook in New York in the early 1900s. Salmonella is transmitted from person to person only about 10 percent of the time—usually when a carrier's feces, not washed



Dish rags and sponges, frequently the most bacteria-laden objects in the kitchen, can be sterilized in a microwave oven.

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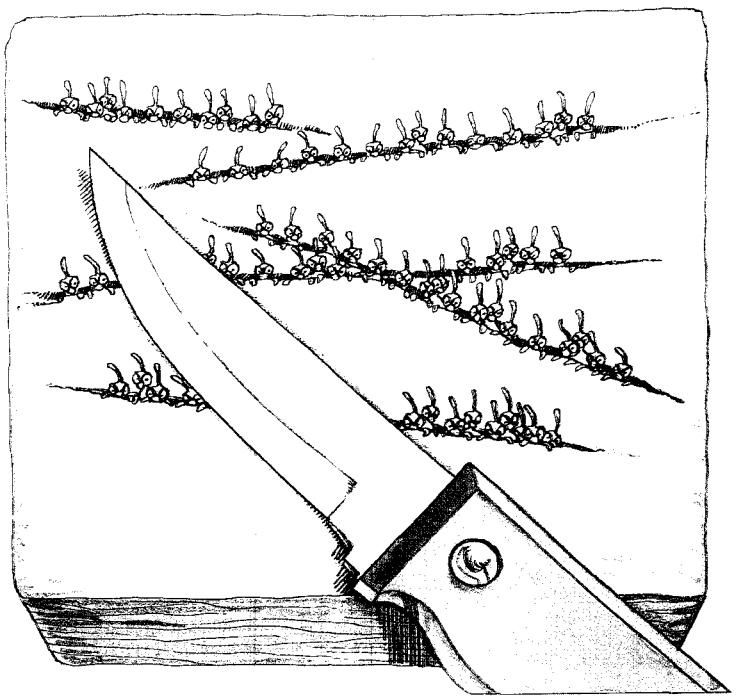
from his hands, contaminate food during preparation. Most often, the illness comes from food contaminated by animal feces —meat, eggs, and dairy products, for the most part. The bacteria have also been cultivated from protein powders, peanut butter, chocolate, green beans, peppercorns, ground beetles (once used to make red food coloring), and even powdered snake sold in health-food stores. Salmonella occurs in dairy products when raw milk is used or when it's contaminated after pasteurization.



Bacteria love to hide in crevices in wooden cutting boards. Tens of thousands can live in a single knife mark.

My salmonella came from eggs. My doctor and I think I got it from an egg-salad sandwich I bought in a New York deli. The eggs, not the mayonnaise in the salad, would have carried the bacteria. When people get sick from eating food with mayonnaise in it, they tend to blame the mayo, but they shouldn't. This misconception is left over from the days of homemade mayonnaise and unpasteurized eggs. Today mayonnaise processors use liquid pasteurized eggs. Best Foods, the maker of Hellmann's mayonnaise, says there has never been a case of food poisoning linked to modern commercial mayonnaise. "Not only do we use pasteurized eggs, but our mayonnaise has sufficient quantities of acid and salt to stop harmful bacteria right in its tracks," says Phil Wells, Best Foods' expert on microbes and mayo. "Mayonnaise is self-pasteurizing. In salads it retards rather than encourages bacterial growth." By and large, an egg becomes contaminated when a microbe from a dirty shell gets into it when it's cracked open.

In the United States, turkey, beef, and chicken are the most common sources of salmonella outbreaks from meat. (Samplings of chicken carcasses by the Food and Drug Administration also showed that half of them were infected with the diarrhea-inducing bacteria *Campylobacter*.) Though the U.S. Department of Agriculture says as many as 37 percent of chicken carcasses may contain salmonella bacteria (and that chicken is therefore a hazard in the kitchen if mishandled), cooked chicken is infrequently a source of salmonellosis, because chicken isn't eaten rare. Turkey isn't usually served rare either, but a turkey is more difficult to cook than a chicken. If the middle isn't done and the bird sits at room temperature so guests can pick at it all afternoon, the guests may get sick.

The shocker in all this is that so much of the meat we eat is contaminated with feces. How can this be? In the case of chicken, the demand for huge numbers of low-priced birds—Americans ate 4.7 billion chickens in 1985—is answered by high-speed plants that can process 80 chickens a minute. Contamination of the meat can occur during defeathering, when the machinery sometimes presses the bird so hard that feces spurt from the cloaca and drip onto the feathers. The "rubber fingers" that remove the feathers can inadvertently press the bacteria onto the skin, where it can hide in the empty feather follicles. Contamination can also occur during disemboweling, when high-speed gutters may rip the intestine, spattering small amounts of fecal matter onto the carcass.

Meat from other poultry, as well as that from four-footed animals, can be contaminated during slaughtering or processing. Ground meat, which is handled a lot, is more vulnerable to salmonella than other cuts, sometimes due to cross-contamination (some liquid from a chicken, for example, getting onto the beef chunks heading for the burger grinder).

The danger of getting salmonella from beef is compounded by the fact that beef is often eaten rare. Salmonella researchers eschew steak tartare, even rare hamburgers. Most food-safety experts at the USDA recommend that all ground beef be cooked to at least 170° F. "It won't be pink any more," says Georgia Stevens Neruda, one of the USDA experts, "but it'll be safe to eat."

All these forms of contamination occur before the food gets to a restaurant or a home kitchen, where the problems really begin. Although Americans are far more likely to get salmonellosis at home than at a restaurant, restaurant outbreaks attract more attention because large numbers of people getting sick simultaneously make the evening news.

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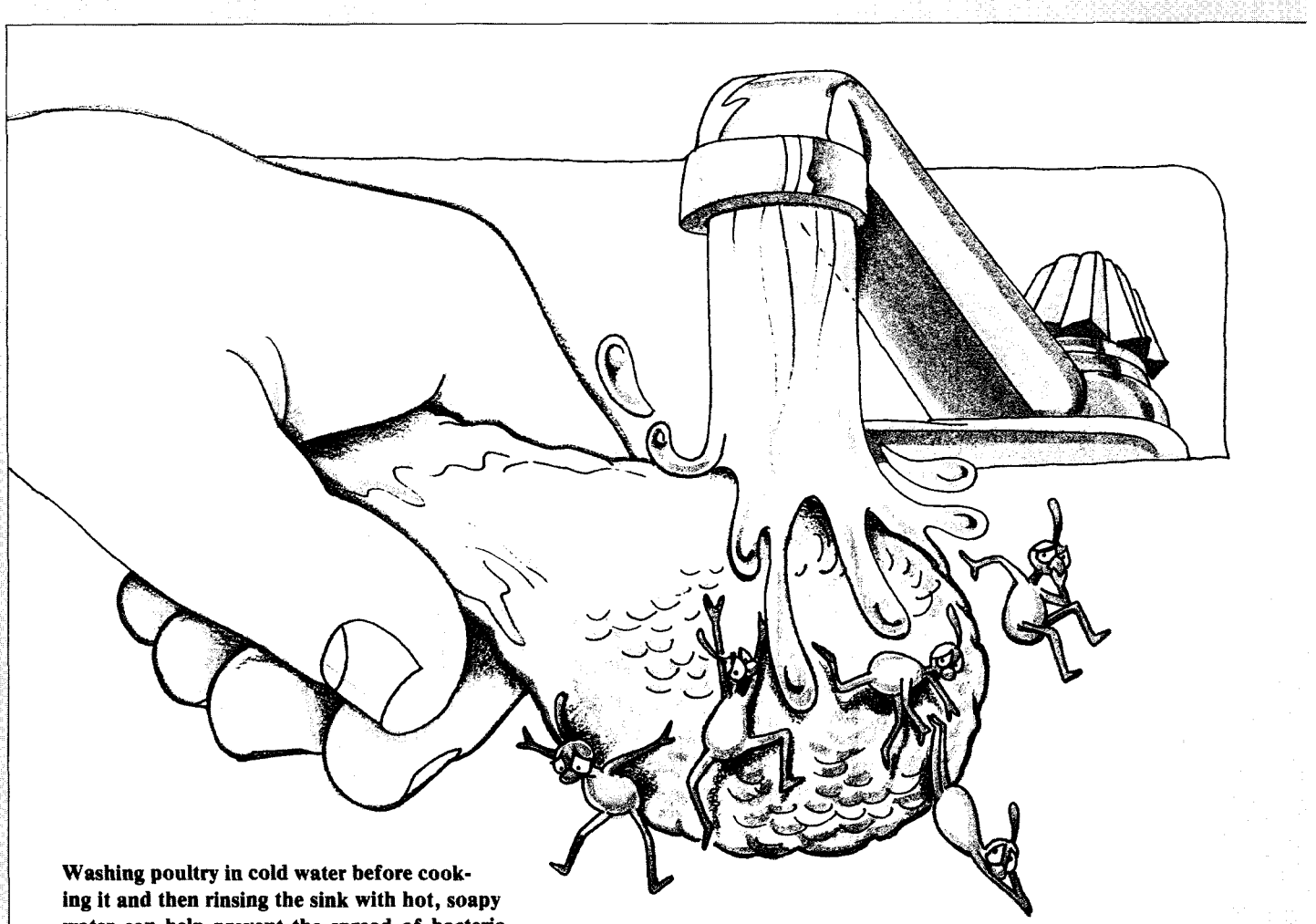

Washing poultry in cold water before cooking it and then rinsing the sink with hot, soapy water can help prevent the spread of bacteria.

"One problem is that we don't cook like grandma used to," says Robert Tauxe, a salmonella specialist at the Centers for Disease Control. Since the USDA set up a toll-free meat and poultry hotline (800-535-4555; in D.C., 447-3333) in 1985—in part to deal with salmonella—it has received 50,000 calls. Hotline questions have included "Is it O.K. to eat groceries left in the trunk of the car for a week?" and "Can spaghetti sauce left open on the counter for three days hurt me?"

"We hear from very young parents, and even children who are trying to cook," Neruda says. "I'd have to say that the breakdown of the family unit has added to the food-safety problem."

Then there are the "baby boomers" who have rebelled against the overcooked food of their youth. "We live in a kind of happy, yuppie, raw-is-better-and-healthier society," Tauxe says. "We want things fast. We want to heat and serve. Sometimes we don't wait for things to get thoroughly hot."

The microwave oven can be part of the solution, but sometimes it's part of the problem. Some older models don't heat evenly, and different models generate different levels of energy or use more or fewer microwaves a minute. "It's tough to explain on a label," says Dane Bernard, a microbiologist with the National Food Processors Association, "but six minutes in my microwave might equal ten minutes in yours."

As I recovered from salmonellosis, I resolved to change my ways. I now never leave any food out at room temperature for more than two hours. I have a thermometer in my refrigerator to make sure it keeps foods colder than 40° F. I know that hot foods at a buffet should be kept at more than 140° F.—the corners too, not just the part over the Sterno.

I also know all the places salmonellae can hide. I bought an acrylic cutting board for meat, because bacteria love to hunker down in little crevices in a wooden board: tens of thousands can live in a single knife mark. An acrylic board, however, can be put in a dishwasher. Salmonellae can also dry up—sort of hibernate for a year or more—and then wake up when something inviting (i.e., your food) presents itself. Wiping a cutting board with hot, soapy water won't remove them. In fact, a dish rag or sponge is frequently the most bacteria-laden object in the kitchen. (I've also invented a nifty trick to overcome this. I now rinse my sponge with hot sudsy water and nuke it in the microwave until clouds of steam spew forth.) Salmonella bacteria can be

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zapped by rubbing down a board with one part bleach to eight parts water, followed by a clear-water rinse.

I don't thaw meat on the kitchen counter any more either, because salmonella bacteria can double in number so quickly that a tiny colony left at room temperature for the day can become a cast of millions. I now defrost frozen food in the refrigerator or the microwave oven. I wash poultry in cold water before I cook it, and I'm careful not to let raw meat juices drip on other foods. When I'm finished washing my meat, I rinse my sink with hot, soapy water. I also make sure the plate that carries meat back in from the grill isn't the same one that carried it out. Says Stephen Pretanik, the director of science and technology for the National Broiler Council: "The biggest problem with salmonella infection in meat isn't that the meat is undercooked, but that it's recontaminated in the kitchen after it's cooked. That's why leftovers get you." And the knife, the fork, anything you use on meat—and God forbid it should be a wooden utensil—should be thoroughly washed with hot, soapy water.

I've also learned that when it comes to salmonella, you can't trust your nose. You can't see salmonellae, you can't smell them, and you can't taste them. "A lot of people think that if something left over doesn't make you go 'yuck,' it can't hurt," Neruda says. "They're wrong."

Now that I've got my kitchen under control, the question is whom should I blame for all this salmonella that's going around. "What we have to wonder is to what degree is the individual responsible," Tauxe says. "You can't protect yourself against salmonella in every situation. It can't always be dealt with at a personal level. We're vulnerable."

And we may be getting more vulnerable. In their paper on the public-health dangers of the increasing numbers of antibiotic-resistant salmonellae, Tauxe and Mitchell Cohen, a CDC colleague, wrote, "Studies with the use of new methods in molecular biology make it possible to trace [antibiotic]-resistant salmonellae to their primary source—foods of animal origin." Half of all the antibiotics used in the United States in 1985 were fed to food animals—as growth enhancers, prophylaxes, and cures. Tauxe and Cohen think this has fostered resistant strains of bacteria.

Although salmonella poisoning in people isn't usually treated with antibiotics—because such treatment won't make the victim feel any better and may prolong the period during which he can infect others—antibiotic-resistant bacteria are risky for a number of reasons. Doctors sometimes prescribe antibiotics for infants, the feeble, and the elderly to prevent salmonella-triggered local infections or bacteremia (bacteria in the blood). Tauxe, Cohen, and others fear that as the number of antibiotic-resistant salmonellae goes up, the physician's choice of therapeutic antibiotics will go down.

And antibiotic-resistant salmonellae can hit a victim when he's already down. "Say you're taking antibiotics for a sore throat or dental work," Tauxe says. "You've now suppressed the good bacteria in your body, including the natural flora of the digestive tract that helps protect you from the invading salmonella. Along comes salmonella that happens to be resistant to that antibiotic, and it just thinks, 'Oh, boy,' and takes off. Now you have salmonellosis."

At the FDA, which is responsible for ensuring the purity of milk and dairy products, John Kvenberg, a microbiologist, says, "The load of pathogens coming at us in our food supply today is out of control. At the FDA we've never worked harder, never been busier. We're taking a hard look at critical safety control points during manufacturing."

Over at the Food Safety and Inspection office of the USDA, which has jurisdiction over meat and poultry, officials are beset by accusations that they've been asleep at the salmonella switch. "That's not true," says Danielle Schor, a public-affairs specialist. "We realize there's a problem, and we're going after it."

To that end, the USDA is researching ways to help industry clean up its act. "We're looking at adding chlorine or acetic acid to the chiller sprays in meat-processing plants," Schor says. "We've petitioned the FDA to allow meat packers to irradiate poultry at levels sufficient to kill salmonellae. We're urging producers to look for safe feeds that aren't contaminated with salmonellae. And, most important, we're looking into voluntary microbial standards for meats. What we'll say to the meat industry is, 'You meet these standards, and we're going to let you say it on the label.' We think if just one major producer has this labeling, the consumer will notice, and the others will fall in line."

The reduction of antibiotics in the food chain, a step that's stalled in the Washington bureaucracy, may soon be forced on meat producers by consumers. In my neighborhood gourmet market, a sign over the pricey birds promises they've been raised without antibiotics. The same claim is made for beef in a local supermarket. Indeed, in the face of generally slumping beef sales, the demand for low-fat, drug-free beef is rising. But while the FDA has proposed banning the use of tetracycline and penicillin in animal feeds since 1977, Congress, influenced by powerful industry lobbies, has repeatedly asked the FDA to conduct further tests.

Some hope is offered by newly patented, rapid salmonella-screening tests that allow those who process food to detect contamination within 24 hours—about a quarter of the time older lab methods take. "Still, what we basically have to do is assume salmonella is everywhere," Bernard says, "and process foods to keep bacteria from the consumer."

But just in case those bad bacteria find their way into my kitchen, I'll be there disinfecting my sponges, rinsing my poultry, and junking my yuppie menu. I'd forgotten how good and comforting a pot roast, braised until the beef is tender—and safe—tastes.

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PICTURE PERFECTIONIST: MY LIFE AS A PHOTOGRAPHER

"Even as a small child I wanted to capture something beautiful. . . . I knew that someday I'd learn how."

by Francesco Scavullo

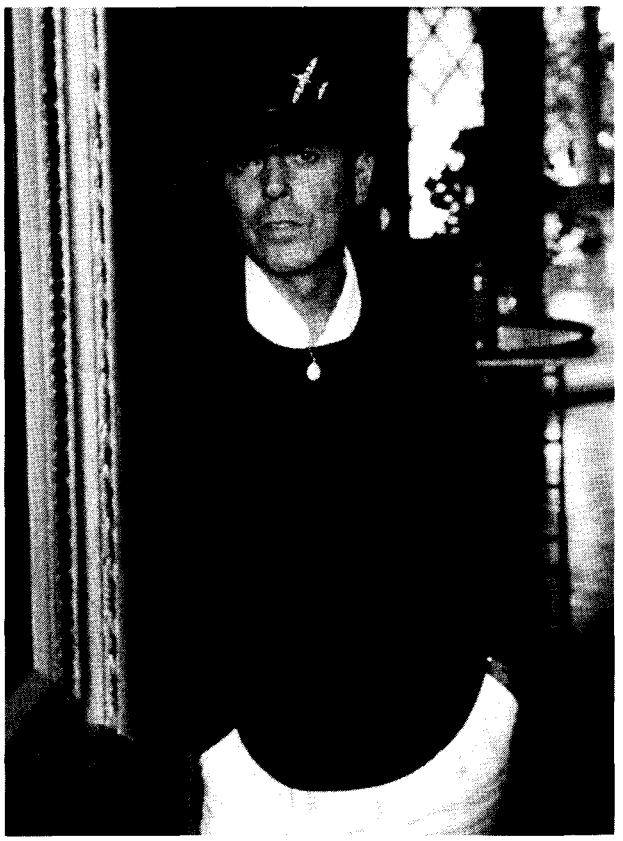
Photography by Francesco Scavullo

As far back as I can remember, I've had a strong sense of the visual. My earliest memories are visual, and the images I loved were the Chesterfield Girls and my mother's magazines: *Harper's Bazaar* and *Vogue*. It was an enchanting world; as I leafed through these magazines, I entered a complete world of fantasy.

My grandfather took me to the first movie I ever saw—*Queen Christina*—and instantly another magical world opened up for me, introduced by the most perfect distillation of female beauty I'd ever seen or could hope to see: Greta Garbo. I was spellbound by her close-ups. She was luminous. I've no idea what the plot of *Queen Christina* was. I saw only Garbo—her face filling the screen, her eyes elegantly lined in black and luxuriously lashed, her perfect skin—I'd never seen anyone produce such an aura. Every time she reappeared in the movie I studied how that line around her eyes was drawn; I tried to single out the components of her incredible face. How could anyone human be so beautiful? I was so enraptured my grandfather was worried. "Don't take Francesco to any more movies," he told my parents. "He believes them!"

Even as a small child I wanted to capture something equally beautiful. Photographs from my mother's magazines and seeing Garbo filmed drew me instantly to the astonishing contraption that made both possible: the camera.

By the time I was in high school I had no doubts about what I wanted to be: a fashion photographer.



Rarely the subject of his own photos, Francesco Scavullo has spent most of his life behind the camera producing unforgettable images such as the boy with flower (opposite).

I landed my first full-time job at Becker's Studio, which produced fashion catalogs. I was only a third or fourth assistant, but I was snappy and clean and I learned quickly. I met two photographers there who became friends—Freddy Baker and a Mexican named Louis Lemus.

One of my jobs was to go to the darkroom every morning and order 8″x10″ plates of color, daylight if we were shooting outdoors, or tungsten if we were doing an indoor sitting. One day I ordered outdoor film because we were going up to Grant's Tomb; we worked all day, came back, and sent the film off to Kodak—everything as usual. However, the next morning when I arrived for work, I got off the elevator to find Mr. Becker screaming and tossing 8″x 10″ sheets of developed film in my face. "What have you done!"

Apparently the darkroom man had given me the indoor, not the outdoor, light color the day before, and all of the Grant's Tomb shots were ruined. Mr. Becker had decided that I—and only I—was to blame. I let him rant and yell until he was blue in the face and then calmly told him I wasn't going to be anybody's scapegoat and quit on the spot. Here I was at the age of 16, walking away from the first real photography job I'd ever had!

It turned out to be the best thing I could have done. Freddy and Louis told me there were openings for assistants at *Vogue*. They made an appointment for me with Claire Mallison at Vogue Studios.

I try now to think how I must have appeared at that interview: I was small, thin, with black curly hair, and raging with enthusiasm. I wore jeans (which in the 1940s you only wore if you were a farmer or a construction worker) and a sweater. Claire hired me.

I worked with so many photographers at *Vogue*. Cecil Beaton arrived a few times, and John Rawlings and

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Flowers are God's thoughts of beauty,
taking form to gladden mortal gaze,—bright gems
of earth, in which, perchance, we see what
Eden was—what Paradise may be!

Photography by Francesco Scavullo

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Your voiceless lips, O, flowers, are living preachers—each cup a pulpit, and each leaf a book.—Horace Smith

Photography by Francesco Scavullo

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CELEBRATING The CONSTITUTION

After 200 years of bickering, debating, amending, and repealing, it's time to hold a great big bash!

by Robb Deigh

The fireworks and tap shoes from the Statue of Liberty centennial fete have barely had a chance to cool, and it is once again time to celebrate. This time the center of attention is the U.S. Constitution, four handwritten pages that form the basis of U.S. democracy and the oldest living document of its kind.

September 17, 1987, marks the Constitution's 200th birthday. Celebration organizers say the festivities will be dazzling but dignified, electric yet educational. But decorum in the face of reminiscence is often a tall order for a country that—let's face it—throws a great party.

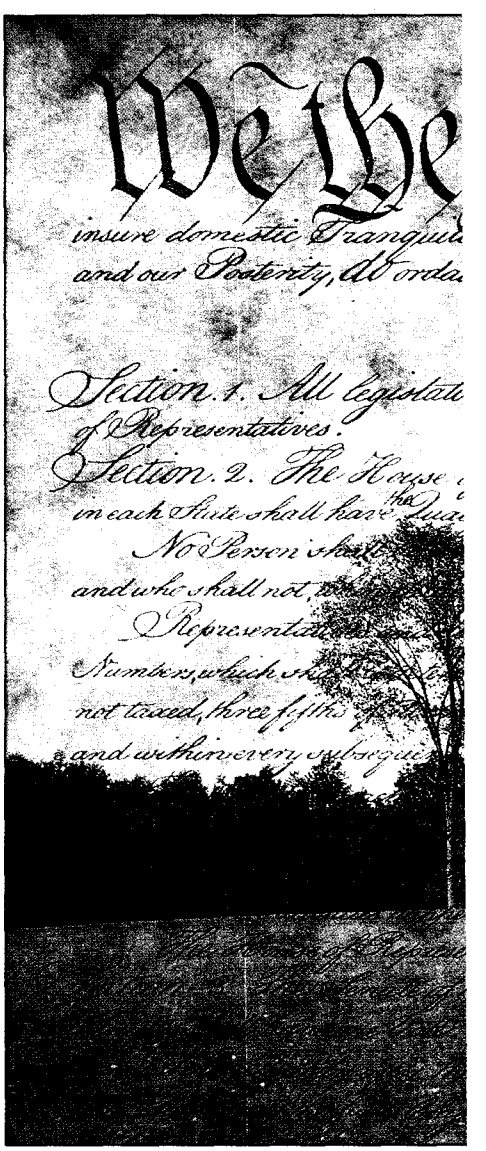
There won't be any Elvis look-alikes this time, but short of that, all bets are off. Parades and pageants, marching bands, sporting events, fireworks, balls, and concerts are all on the bill—along with more speeches than the members of the Constitutional Convention, themselves no slouches when it came to oratory, could have given in a month of fortnights.

Philadelphia, where the 55 delegates to the convention met in the sweltering heat of the summer of 1787, will be the hub of the national celebration. The city's own bicentennial commission has been at work many months planning events for their celebration, "We the People 200," to be topped off by "the largest parade ever mounted in the U.S.A." Congress has been invited to convene in special session in Philadelphia for the first time since the capital was moved to the District of Columbia in 1800.

A 23-member Commission on the Bicentennial of the United States Constitution is directing the national celebration under the stewardship of former Chief Justice Warren Burger (who turns 80 the day of the bicentennial). Burger retired from the high court in part to head the project, which he calls a national "history and civics lesson." He and other members want it to be a "cerebration," too, so essay contests, exhibits, poetry readings, films, lectures, and theater programs will play a major role in the festivities. One of the most notable of the education plans is the endowment of a James Madison fellowship to be awarded to teachers for study of the Constitution.

Despite a constant emphasis on education, critics say some of the commission's other activities and proposals detract from the dignity of the Constitution and its importance. Last October, Burger and other commission members participated in a media extravaganza, sponsored by Walt Disney World, that combined the theme park's 15th anniversary and the Constitution's 200th.

Burger was also criticized for pro-



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posing that millions of miniature copies of the Constitution be sold at supermarket check-out counters, alongside the tabloids and tablets. But according to a commission spokesman, the purpose of the idea was to get the document into as many hands as possible. Distribution has included hotel rooms, private industry conferences, and federal agencies. Another commission plan will have schoolchildren across the country recite the Pledge of Allegiance together September 16.

Burger says that, despite criticism, he is satisfied the main focus of the celebration will be education, not hoopla. He says essay contests and similar programs "are all very dignified and appropriate methods of telling the story. Our function is to tell the story of how we got the Constitution and how difficult it was to get."

Rep. Lindy Boggs, one of the commissioners, says, "There is a misconception of what the celebration is all about. Having hoopla is very historic, because when the Constitution was finally ratified, there were great parades and candlelight songfests and celebrations of all sorts." The Louisiana Democrat says that planned activities will promote "a more thorough understanding not only of the rights and privileges, but of the responsibilities that each citizen has under the Constitution."

Lynne V. Cheney, a commission member and chairman of the National Endowment for the Humanities, agrees with Boggs: "I'm sure that if the Founding Fathers had had fireworks as good as we have today, they would have used them."

Like the U.S. Bicentennial and the Statue of Liberty celebrations, the anniversary of the Constitution has drawn participation pledges from corporations, civic and trade associations, colleges and universities, religious groups, ethnic organizations, federal agencies, and the American Bar Association. The Postal Service will issue 21 commemorative stamps.

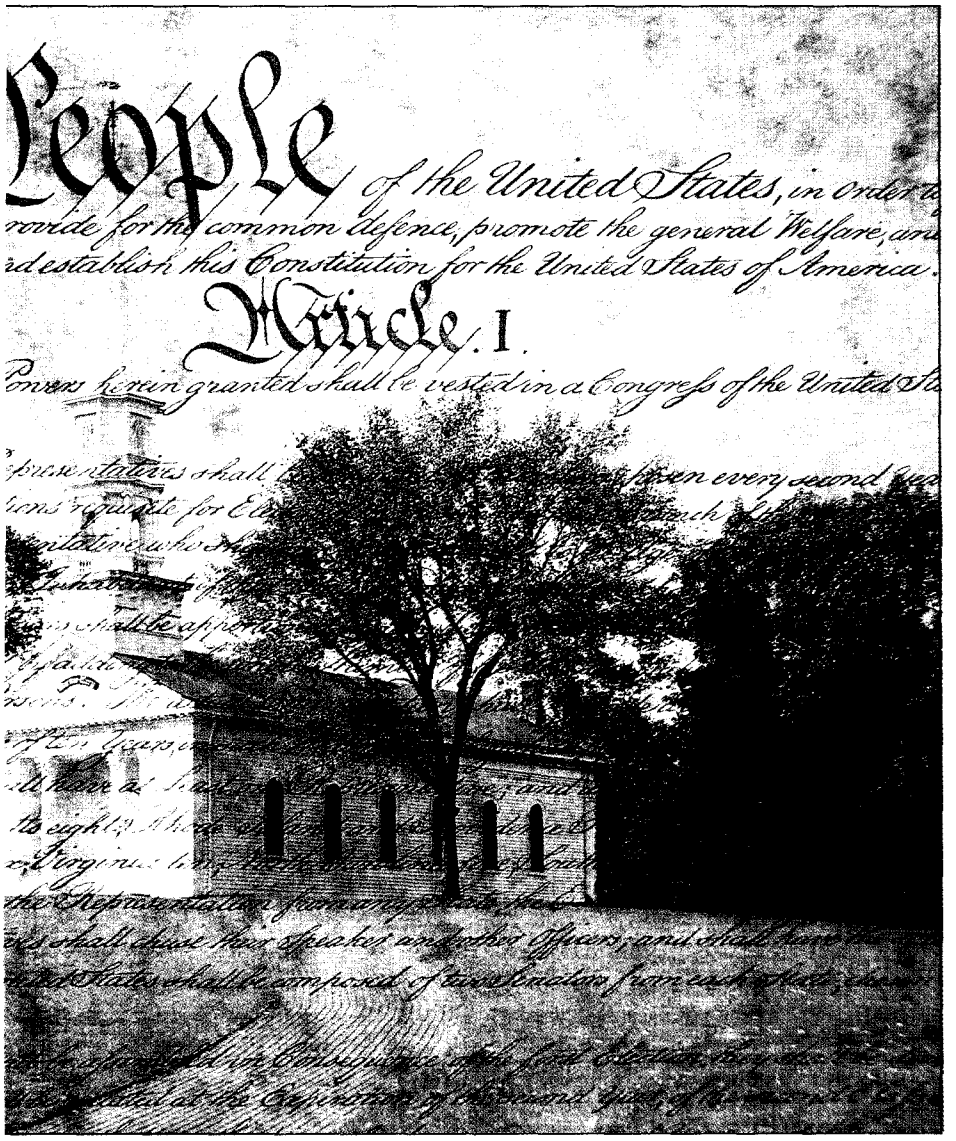
But what about the rest of the world? Not to worry: representatives of about 140 countries have been invited to participate in the celebration. And for those who can't make it, the U.S. Information Agency plans to make the Constitution available in several languages, "especially in developing nations that might want to include some of the concepts of our Constitution in their own," the commission says.

Materials sent to state agencies, schools, and other institutions brim with ideas on how best to mark the anniversary. One suggestion is to have local politicians reenact the signing. Another is to make the day a state holiday, or perhaps create a living memorial, such as a grove of trees or a park. Another suggestion is to name a street after the Constitution. A booklet distributed by the commission suggests Freedom Lane, Madison Place, or First Amendment Avenue.

It could probably include Controversy Court. Far from being a historical relic, the Constitution is one of the most talked-about documents ever written in any language. Practically before the ink was dry on the parchment, judicial activists and strict constructionists squared off in the courts over the constitutionality of a wide range of rulings. They have continued ever since.

Most recently, when Attorney General Edwin Meese III told an audience at Tulane University that rulings of the Supreme Court were not "the supreme law of the land," he raised the ire of many constitutional scholars who said the high court is indeed the supreme interpreter of what is constitutional and what is not.

And all the activity surrounding the bicentennial is sure to amplify the voices of liberals and conservatives, all of whom find support for their viewpoints and causes either in the text or somewhere between those beautifully hand-scripted lines. Privacy, for example, is not mentioned in



Our venerable Constitution is no aging scrap of paper. From its adoption 200 years ago, Americans have looked to it for political guidance.

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the Constitution, but the Fourth Amendment protects against unreasonable search and seizure. And which forms of communication are protected by the First Amendment? How should power and responsibilities be apportioned to the federal government and the states?

Burger says he welcomes the increased debate. In fact, that's the point of the celebration. "There have been conflicts and disagreements over the Constitution and its meaning ever since it was first adopted," he says. "But this is an open society, and people should be free to debate it and discuss it as long as they do it in a civilized way." He adds, "The more it is debated and discussed, the better there will be an understanding."

Boggs says, "A lively discussion of the Constitution is good under any circumstances."

Good thing, too, because the make-up of the bicentennial committee itself practically ensures the lively tradition that the original conferees started 200 years ago. Probably nowhere could one find a more philosophically diverse group than the one planning the celebration. Liberals and conservatives, activists and strict constructionists—all are assured their interests will be represented.

Working side by side on the planning are one of the Senate's most liberal members, Edward M. Kennedy of Massachusetts, and one of the country's most conservative voices, Phyllis Schlafly, founder of the Eagle Forum. The committee includes other members of Congress and leaders in business, the humanities, higher edu-

continued on page 70

A Pilgrimage to the Archives

A visitor steps up to the display case and touches her fingers gently to the glass. Inches below, the paper is a deep yellow, but the writing is still strong and distinct. "We the People of the United States. . . ."

"Yes, ma'am, that's the real one," says a uniformed guard, looking down at the U.S. Constitution.

Every year more than a million people file through the marbled rotunda of the National Archives in Washington, where the Constitution is on permanent display, alongside the Declaration of Independence and the Bill of Rights.

Despite the long line of people, the room is as quiet as the winter sky. Even children too young to understand the significance of what they are looking at sense they are in the presence of something important.

You can see it a hundred times, and each time you feel the same: transfixed and humbled. The rights and responsibilities of Americans are explained here, under your fingertips. And yes, ma'am, those are their real signatures, too: James Madison of Virginia, Benjamin Franklin of Pennsylvania, Alexander Hamilton of New York, Roger Sherman of Connecticut, and 36 others.

"These are the symbols of what this country stands for," says Stacey Bredhoff, the curator of "The American Experiment: Creating the Constitution," a bicentennial display at the Archives that includes scores of documents which help explain the laborious process that brought about the world's oldest living constitution, as well as less imposing papers that give insight into life in 18th-century America.

George Washington's housekeeper writes Congress for financial assistance in her retirement. They grant 81-year-old Miss Thompson a small pension. The minutes of a meeting of Boston merchants, concerned about runaway inflation, list prices for rum, coffee, brown sugar, and chocolate.

Among events planned at the Archives to commemorate the bicentennial will be an 87-hour vigil to allow as many visitors as possible to see the Constitution in the days before the birthday. Also planned are films, lectures, and a naturalization ceremony. "We want to convey the sense of newness and the hardships on the eve of the Constitution," Bredhoff says.

With George Washington presiding, the delegates arrived from 12 states. Rhode Island, which objected to a central government, did not send a representative.

For four sweltering months in 1787, the delegates met in Philadelphia. About two-thirds of them had served in the Continental Congress; eight of them had signed the Declaration of Independence. Franklin, 81, was the oldest signer of the Constitution. Jonathan Dayton, a politician from New Jersey, was the youngest. He was 26 that summer.

The convention was called ostensibly to amend the Articles of Confederation. But that idea was rejected in favor of drafting a new constitution, partly because the former did not give Congress the power to tax.

Then came a rift between the small and large states over the apportionment of power in the new government. Edmund Randolph of Virginia proposed a bicameral legislature with representation based on population or wealth. William Paterson then proposed the New Jersey plan, which provided for equal representation in Congress by state.

Still the members could not agree, so the "Connecticut Compromise," drafted by Roger Sherman, was put forward—a bicameral Congress with proportional representation in the lower house and equal representation in the upper house.

Preservationists at the Archives have expertly sealed the Constitution between thick plates of glass and replaced the oxygen between them with inert helium. Every night the display case is lowered into a heavy, 25-foot-deep vault.

Only once since the Constitution was moved from the Library of Congress in 1952 has there been an attempt to harm it. Last October, a hammer-wielding man did minor damage to the outer glass of the case.

With the document itself safe, organizers of its 200th anniversary say the continuation of education and debate on the Constitution will ensure the preservation of the principles for which it stands.

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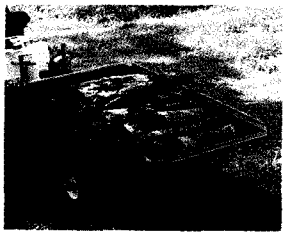

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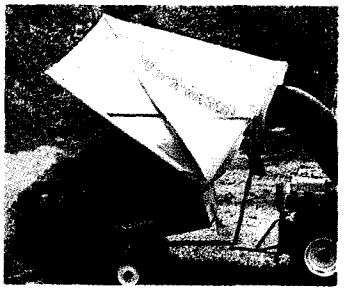

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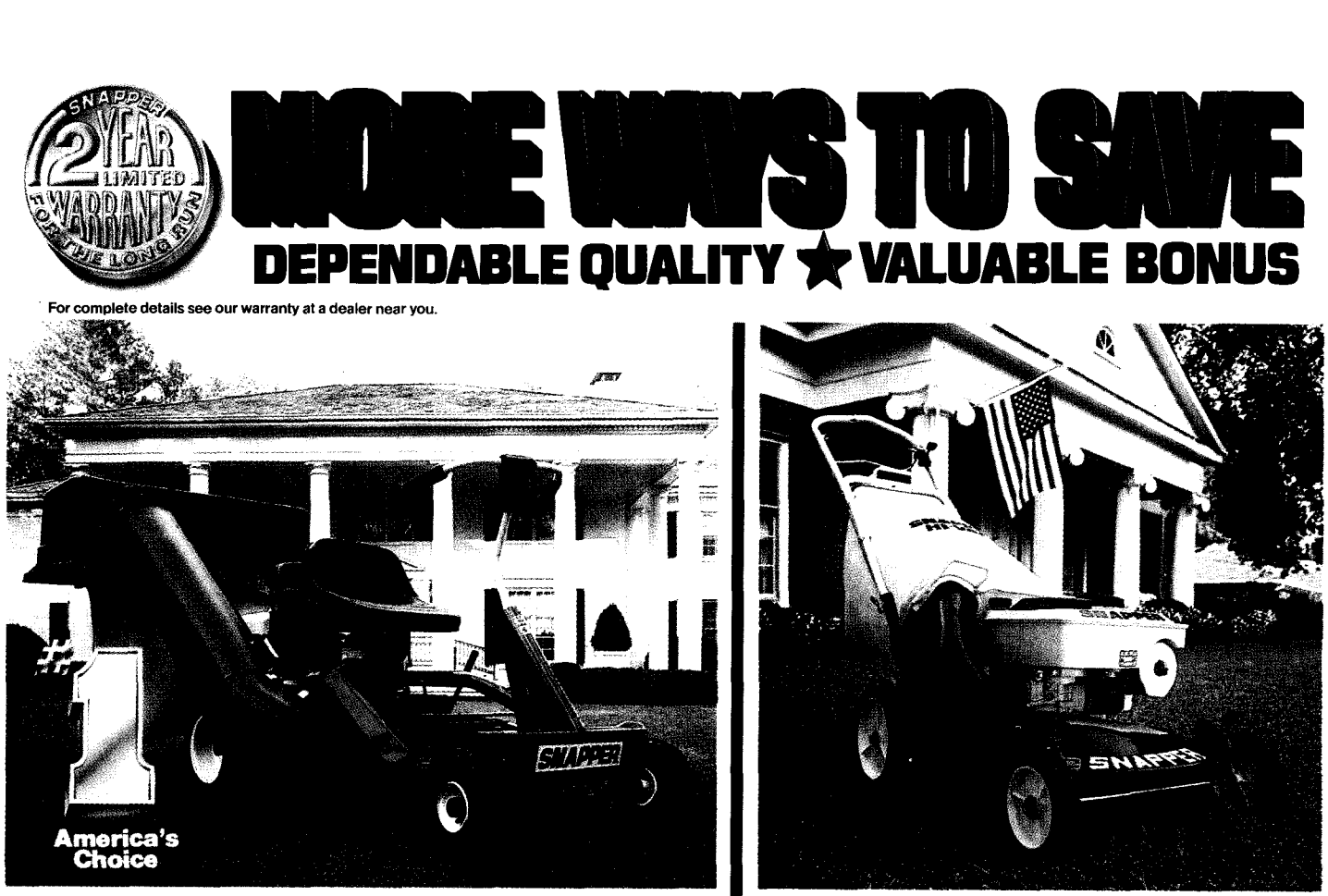

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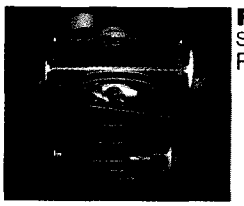

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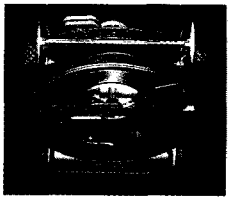

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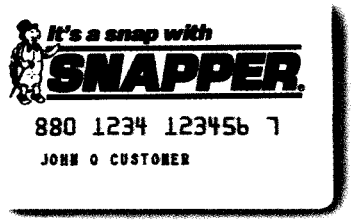

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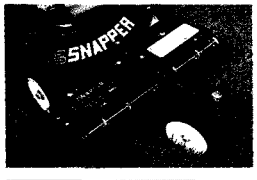

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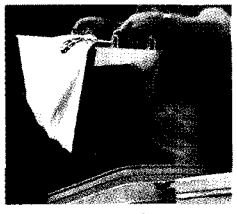

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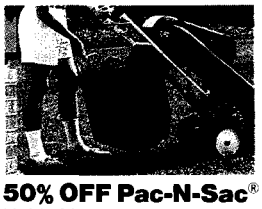

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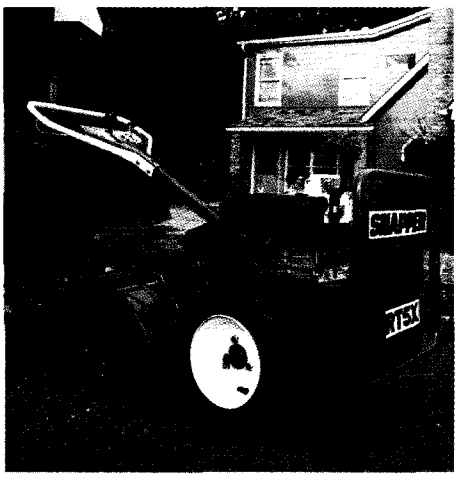

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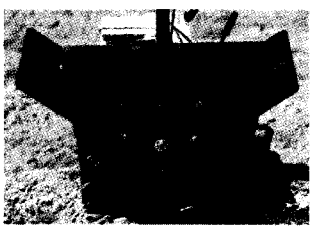

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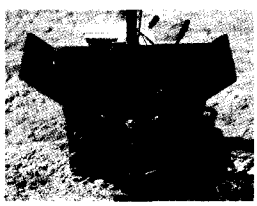

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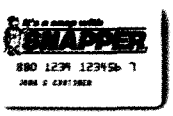

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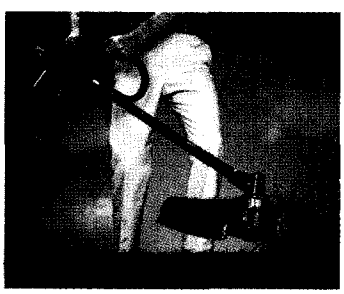

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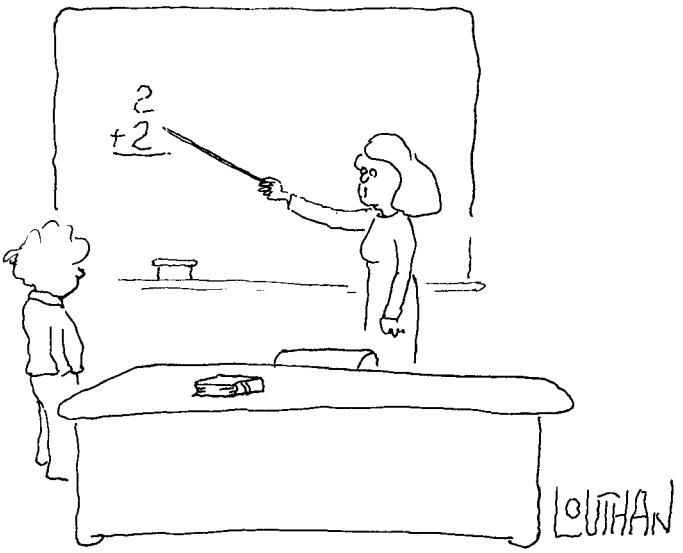
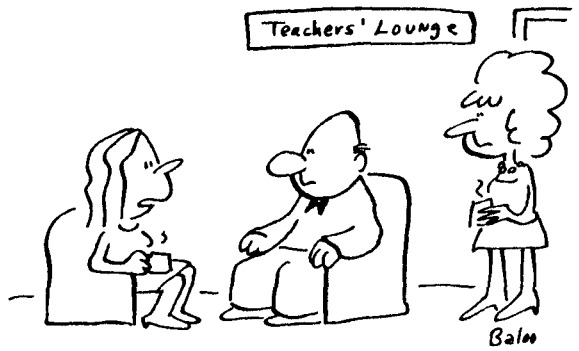


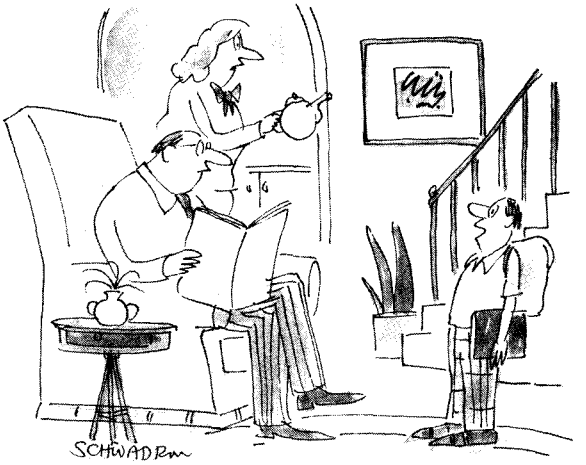
"No, you may not have your accountant call me!"

"I learn a lot of stuff here, but it sure cuts into my day!"



"I don't teach my students about the Bill of Rights any more—it makes them so unruly."

"It's your teacher. Quick, tell daddy to switch to PBS!"



"Today in school we learned the meaning of 'nervous breakdown' and 'sabbatical.'"

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GEORGE BURNS: AN AMERICAN TREASURE

"Sometimes I get carried away with the part I played in Oh, God. *Yesterday when I was on an elevator, a woman got on and said, 'Nice day.' I said, 'Thank you.'"*
—George Burns

by John McCollister

He's just your typical 91-year-old legend who was voted one of America's ten sexiest men in a national poll several years ago. But that should come as no surprise to those who know and love George Burns.

Burns has been wowing audiences since he was seven years old. He began singing for nickels and dimes on the street corners of New York's Lower East Side. "I recruited three of my school buddies," he recalls. "We called ourselves 'The PeeWee Quartet.' We were willing to sing for a buck wherever there was a crowd."

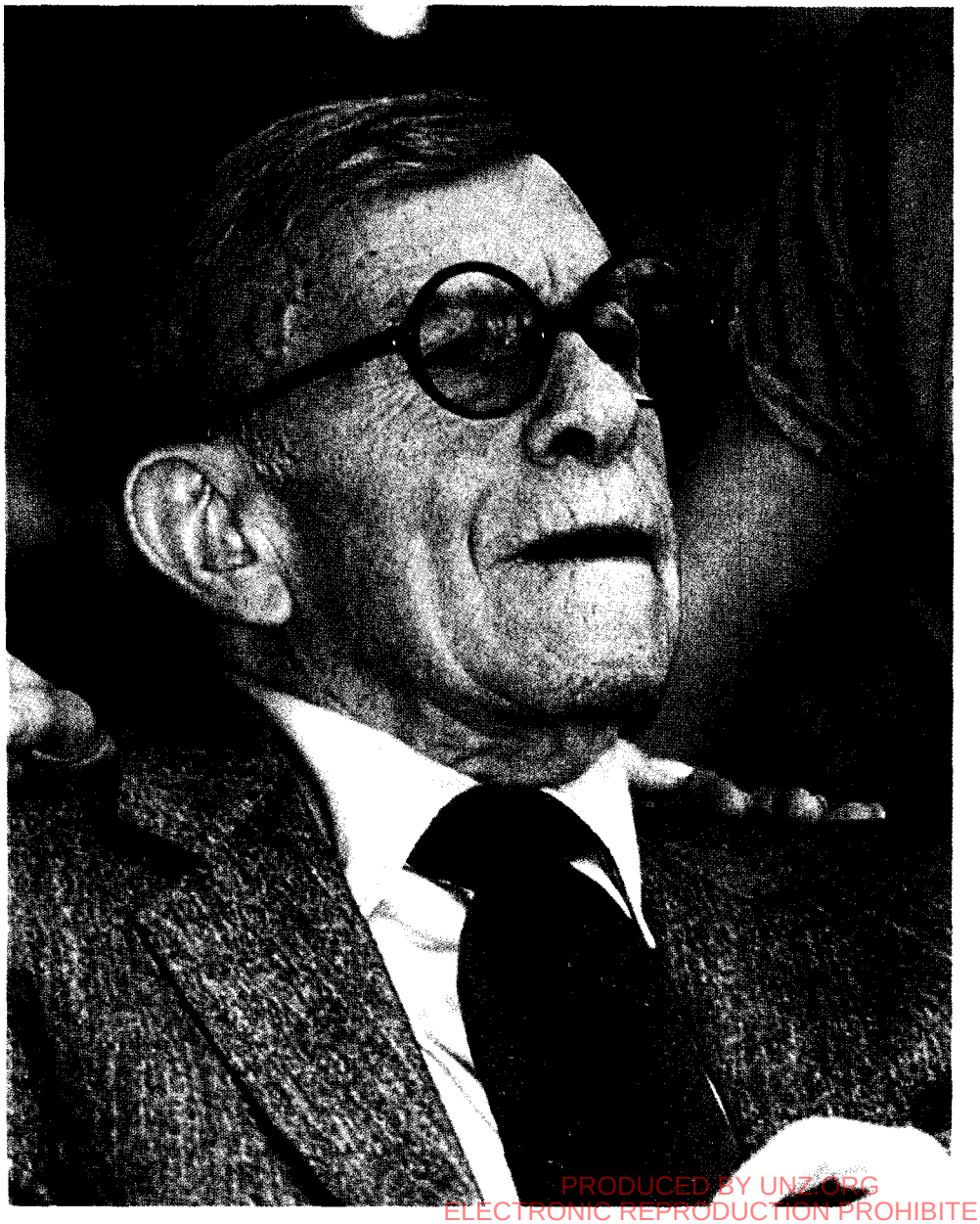
His father had died when Burns was seven, and young George had to do whatever he could to help support his mother and 11 brothers and sisters. He shined shoes, ran errands, and sold newspapers. "I would have sold *The Saturday Evening Post*, but Ben Franklin hadn't started to publish it yet," he says.

George quit school after the fourth grade. By age 14 he was a trick roller skater, a dance teacher, and a novice vaudeville comedian who also sang and danced. At various times he was billed as "Eddie DeLight," "Billy Pierce," and "Jed Jackson." When he worked as part of a team, he was "Brown" of "Brown and Brown," "Harris" of "Dunlap and Harris," and "Williams" of "Brown and Williams."

"That was necessary," he confesses. "Often I was canceled after my first performance. I had to change the name of my act if I ever hoped to get work again."

Burns was a fair comic at best until he teamed with a 17-year-old unemployed Irish-American actress named Gracie Allen. Oddly enough, George was the funny man at first, and Gracie was the "straight" person. But they soon reversed roles. "She got all the laughs," Burns admits.

"Actually I didn't do much work at all," he says. "Gracie and I would come out on stage. I'd ask her, 'How's your brother?' Then I simply



After Gracie's death in 1964, George Burns immersed himself in work rather than grief. Besides producing TV series, writing books, and touring, he has won an Oscar in his comeback movie career.

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The nonagenarian George Burns says he can't die now—he's got too many bookings. And how does he want to be remembered 100 years from now? "I want them to say I look good for my age," he quips.

stood back, and she talked for 22 minutes. The audience laughed. When she was through, we both took our bows, and we left."

After performing together for three years, they were married. They went on to become the most famous husband-wife team in the history of show business. Their big break came in 1929 when they were asked to substitute at the last minute for an ailing Fred Allen in a one-reeler movie. Fourteen shorts and more than a dozen feature motion pictures followed, including *The Big Broadcast, Six of a Kind, A Damsel in Distress,* and *Honolulu.*

Burns and Allen's weekly radio shows on CBS and NBC ran from 1932 until 1950, and their subsequent television program aired for nine years, until Gracie retired in 1958. The classic reruns of *The George Burns and Gracie Allen Show* still draw laughs from millions of viewers through syndication.

When Gracie died of a heart attack in 1964, a part of America died with her. But George Burns refused to spend the remainder of his life in mourning. Instead, he immersed himself in work. He produced several television series, including *No Time for Sergeants.*

A new concert career opened opportunities for people in Buffalo, Erie, Omaha, and Altoona—near those once-famous vaudeville houses he worked 40 years earlier—to see in person this man who had become a national treasure. Some of his most appreciative fans were college students. They packed concert halls and greeted him with standing ovations as he walked on stage to the strains of his current theme song, "Ain't Misbehavin'." A popular teen magazine editorialized: "Our younger generation thinks it discovered Gracie Allen's husband."

In his late 70s, Burns began a comeback career in movies. *The Sunshine Boys,* released in November 1975, broke the all-time single-day box-office record at Radio City Music Hall. His performance earned him an Oscar for Best Supporting Actor.

Perhaps his most famous movie role was as the title character in *Oh, God,* co-starring John Denver. "I played the part without makeup," Burns says. "Sometimes I get carried away with the part I played. Yesterday, when I was on an elevator, a woman got on and said, 'Nice day.' I said, 'Thank you.' " *Oh, God* has spawned two sequels to date, and another is planned.

In 1981 Burns began yet one more career, this time as a recording artist. He cut an album of country music. "Why not?" he asks. "After all, I'm older than most countries." His Mercury recording "I Wish I Was 18 Again," an instant hit, was played on radio stations with every format from "country" to "easy-listening."

Burns, who wrote a book called *I Love Her, That's Why* in 1955, has written several more books since he turned 80, including *How to Live to Be 100 or More!* and *Dr. Burns' Prescription for Happiness*—a *New York Times* best seller for 18 consecutive weeks.

Burns frequents television specials and talk shows, and he's the star attraction at some 90 sell-out engagements a year in theaters and night clubs throughout the country. "You see, I can't die now," he says. "I've got too many bookings."

As a comedian, Burns, to his knowledge, has never used foul language or taken a cheap shot at someone to get a laugh. He will not insult his audience, and throughout his multifaceted career he has never been the subject of a scandal.

Some antismoking advocates, nonetheless, criticize Burns for appearing on stage with his ever-present cigar. But he responds with one of his famous one-liners: "At my age if I didn't have something to hold on to, I'd fall over."

At 91, Burns shows no signs of falling over or even slowing down. "There's a big difference between growing older and growing old," he says.

Others agree. A national poll taken four years ago revealed that women considered George Burns to be one of America's ten sexiest men—an accolade that resulted, in part, from his admission that he dates young women. "I liked dating them when I was younger; I still like 'em," he says.

Another survey of nearly a thousand professional comedians that same year named him as the "King of Comedy"—an honor he especially appreciated because it was given to him by his peers.

How does he want people to speak of him 100 years from now? "I want them to say I look good for my age," he quips.

Looking back over his career, would he do anything different? "Not really," he says. "I'd rather be a failure at something I'm in love with than be successful at something I hate. I'm very fortunate, because I'm doing well in a business I've always loved. I've always been in love with show business, and I still am. I love it today as much as I did for the 20 years I flopped in it."

A current rumor in Hollywood is that there are plans to make a movie of George Burns' life. "They may," Burns admits, "but they can't find an actor old enough to play me."

Vaudevillian, singer, dancer, author, monologist, star of radio, television, and movies—George Burns has enough credentials to establish his own hall of fame. Over his long and distinguished career, what has he regarded as his greatest asset? Burns answers without hesitation: "I was married to her for 38 years."

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HYPOTHERMIA: A SPRINGTIME HAZARD

A fisherman's falling into cold water on a warm spring day—or even a drenching from a capricious spring shower—can result in a dangerous loss of body-core temperature, leading to unconsciousness and death.

by Tom and Joanne O'Toole

"What? Me, worry?" And the thought is that it always happens to the other guy. Right? Wrong! It can happen to any of us, and the "it" this fall-winter-spring season is hypothermia.

We've all heard the word, and we know it means something bad. Yet many people don't really know what hypothermia is or how it affects one's mental condition and physical reactions.

Hypothermia is a subnormal body-core temperature. As the temperature drops, things begin to happen in a predictable sequence until unconsciousness and death take over. It can and does happen in every environment and in every state.

Cold water's great for fish, but not for fishermen; wear wool or polypropylene clothing when angling to help retain body heat.

The most important thing to know about hypothermia is that it kills more people involved in outdoor recreation than are killed by anything else confronting outdoor enthusiasts. As temperatures fall, those working, hunting, fishing, trapping, or playing around water should be especially aware of the serious dangers of hypothermia.

Although cold rain or wet snow combined with wind chill create classic conditions, hypothermia is not exclusively associated with winter weather and extreme cold. In the fall and spring when water temperatures are 50° F. or less and the air temperatures are even as high as 60 to 70° F., hypothermia is possible. If a person falls in the water, the body-heat loss will be accelerated.

Simply put, hypothermia is a debilitating condition that occurs when the body loses heat faster than it produces it and the body's normal temperature (98.6° F.) drops dangerously low.

When hypothermia sets in, the dropping body temperature causes the heart to slow down. Victims become weak and confused as less oxygen is delivered throughout the body. Many people don't recognize the danger signs, and those alone often die needlessly.

The loss of inner body temperature develops over an extended period while a person is exposed to rain and wind or during a short exposure when a person falls into cold water—the most serious circumstances.

If you fall into the water from a boat, it is best to get in or on the capsized craft. Staying as far out of the water as possible will maintain more body heat and will prolong advanced symptoms. If getting out of the water is impossible and if you are wearing your flotation vest (which doubles your chances), you can increase your survival time by 50 percent by assuming the heat-escape-lessening posture (HELP), or fetal position.

If several people are in the water, use the "huddle" method to help each other preserve body heat.

The greatest heat loss is from the head and neck, and these areas should be kept as high out of the water as possible. Under hypothermic conditions, avoid the drownproofing technique, because it requires putting your head in the water and will cause you to cool more than 80 percent faster than if floating with your head out of the water.

Swimming to shore can be a deadly

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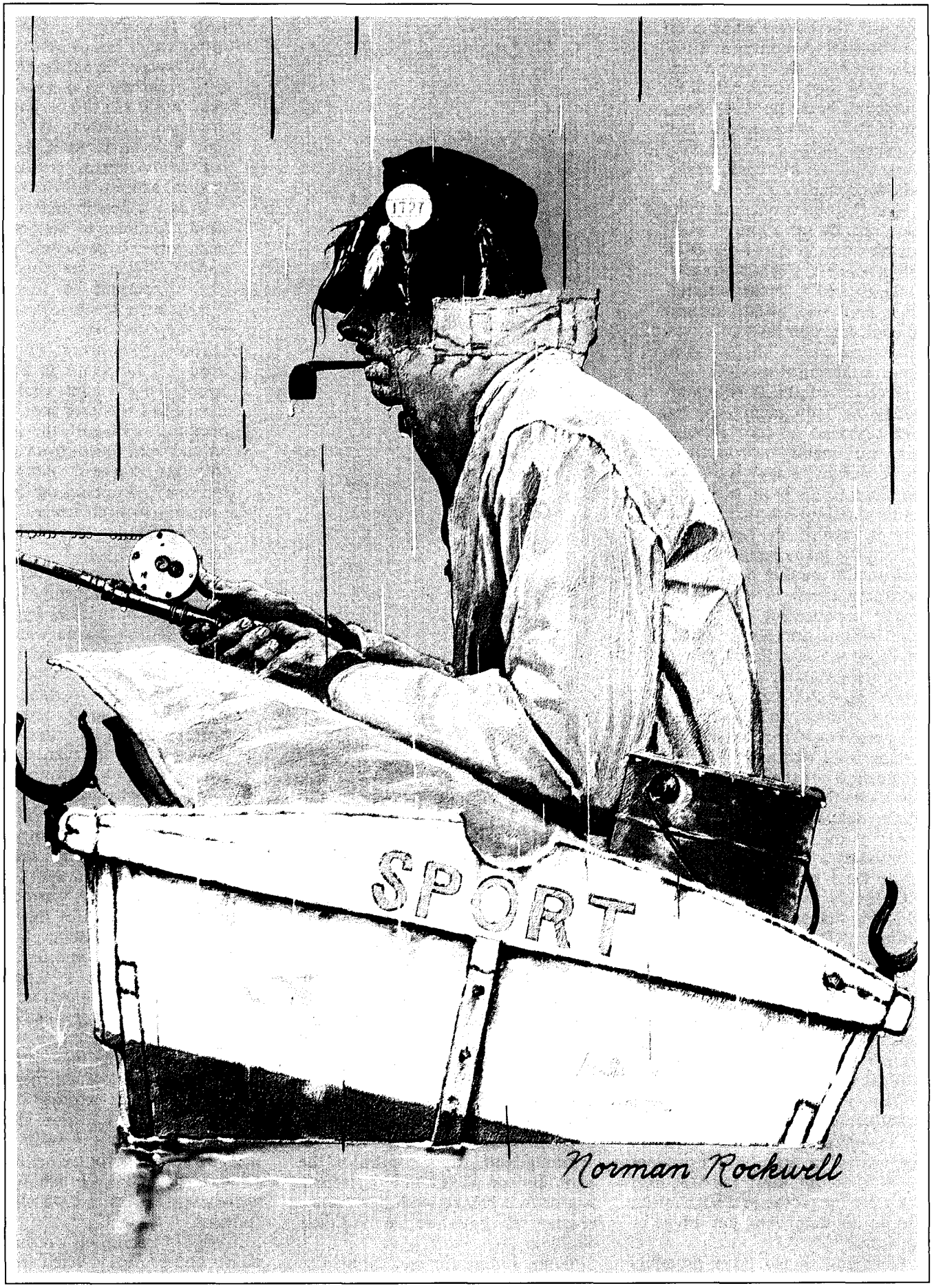

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decision. The usual advice is to stay with the boat. Distances on the water are deceptive, and rescuers can more easily spot a capsized boat than a lone swimmer. Swimming burns up body heat, and in 50° F. water even the best swimmers could not make a mile. Water chill is 24 times greater than wind chill.

Hypothermia is not something that drags on for a long time. It can kill a person in an hour and a half in temperatures as high as 50° F. Because every victim is different in body size, health, amount of body fat, and resistance, circumstances vary. An intangible factor is the will to survive.

Once the condition begins affecting the body, many people—even seasoned outdoor enthusiasts—are unable to counteract the process by themselves. When the blood to the brain is slowed, the mind fails to function correctly—yes, even for the best of us.

There are many symptoms, but it is usually another person who recognizes them. Frequently the person experiencing the symptoms becomes too disoriented to realize what is happening.

Ignore a victim's protests that everything is O.K. Denial of being cold is common, and a hypothermic person may truly believe everything is all right. The victim's judgment is impaired, and he usually wants to drift off to sleep—which could be permanent.

Any of the following reactions is probably a signal someone is suffering from hypothermia: difficulty with simple tasks (clumsy actions); dull eyes; listlessness; slurred speech; confusion; forgetfulness; fatigue; an inability to control the hands, arms, or legs; slow breathing; cold, stiff muscles; uncontrollable shivering or trembling; the stomach cold to the touch; or someone's dozing off and being hard to arouse.

What to do? Too often people try to help but do the wrong thing for a hypothermic victim. These are some of the things you must NOT do: don't give alcohol or drugs; don't massage the arms or legs; don't raise the legs; don't put the person in a hot shower; and do not administer hot drinks or hot food.

What you should do is promptly cover the victim's head and neck to prevent further body-heat loss, keep the torso warm to maintain the vital organs, and handle the person gently. Call the local emergency room, rescue squad, ambulance, or doctor—depending on where you are and what medical facilities are quickly available.

Once it is determined a person is becoming hypothermic, it is essential others offer aid to prevent additional body-heat loss. Skin-to-skin contact is an excellent way to transfer body heat.

If a person in the group has become hypothermic, a field measure for rewarming is to strip the victim to the bare skin and place him in a sleeping bag or in a blanket with one or two rescuers who have also removed their clothing.

While waiting for medical help to arrive, immersing a person's hands and forearms in hot water may help. However, total immersion in hot water can cause shock.

Advanced hypothermia renders a person unconscious. The skin turns bluish-gray, muscles are rigid, breathing is shallow, and the pulse is weak. Rewarming the victim is crucial, and medical assistance is essential.

Even if a person appears to be dead, continue to restore body heat. Often hypothermic victims appear lifeless, yet their vital organs continue to function—though at a much lower rate—and they are alive.

Have you heard of "after drop"? This occurs in a deeply hypothermic victim after being moved to a sheltered spot. As the person is rewarmed, the stagnated and cold blood from the extremities returns to the core of the body, dropping the internal temperature even lower. Just as the recirculation is started, death may occur.

When death does occur, the official cause is frequently listed as something other than hypothermia. Victims in cold water lose control of their arms and legs and drown; those on land whose body temperature has dropped too low die of heart failure. Sometimes death is listed as "due to exposure," yet the real cause is hypothermia.

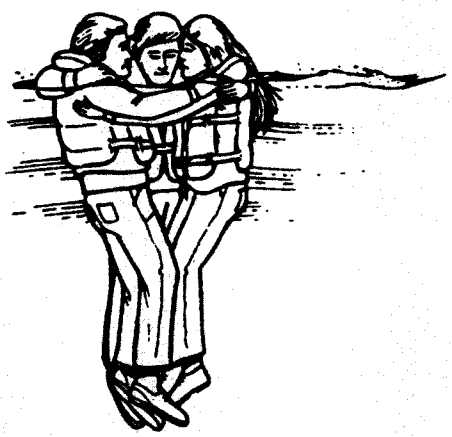
When heading outdoors during questionable weather to fish, hunt, camp, or just enjoy nature, dress properly. Several layers of loose clothing are better than tight clothes, and mittens are always warmer than gloves. Because much of the body's heat is lost through the head, a hat, cap, or stocking pullover will trap heat and allow your body to send more warm blood to your hands and feet. Most important, stay dry, and change clothes if they become damp or wet.

One of the best safeguards against hypothermia is to eat hot meals and drink warm liquids before going out. This provides the nutrition and fuel your body needs to stay warm. In the field, do not allow yourself to become dehydrated, and keep nibbling on high-energy snacks to help maintain body heat.

If weather conditions worsen, seek shelter and protect yourself from the wet, wind, and cold.

HELP
(Heat Escape Lessening Postures)

Bring your knees up to your chest. Hold your knees to your chest to protect the trunk of your body from heat loss. Wrap your upper arms around your legs and clasp your hands together.



HUDDLE
Huddle side by side with two or more people to extend your survival time 50% longer than swimming or other activity.

Fishing Facts

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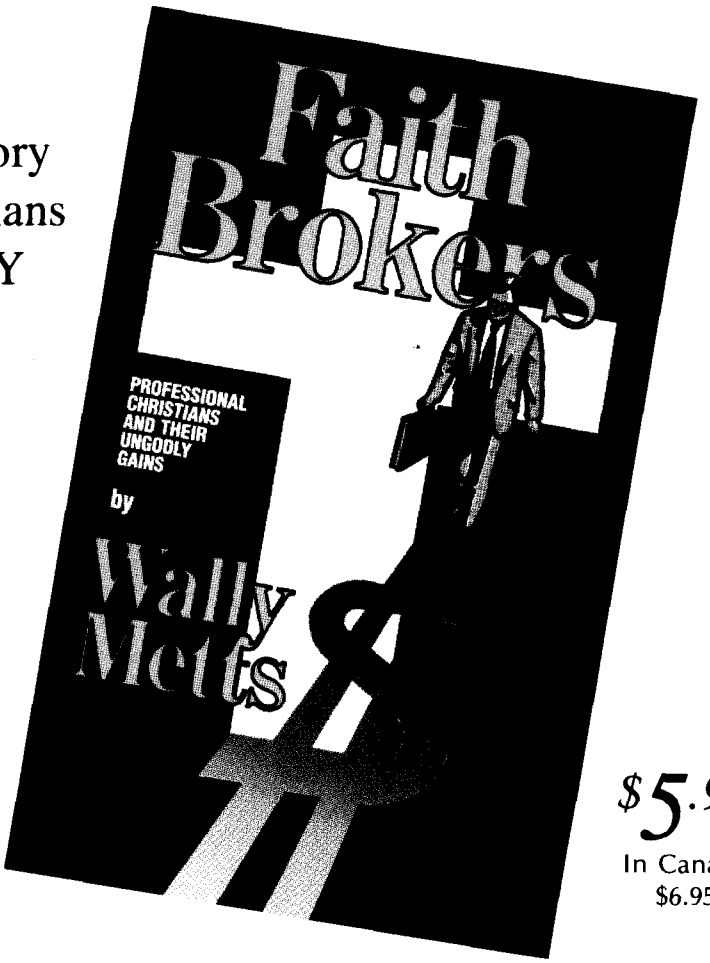

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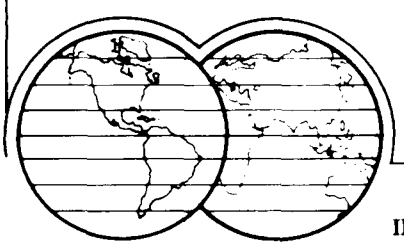

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A SALMON FOR THE WHITE HOUSE

Althea had her will drawn up the day before she died. Why, then, did she destroy it that night—or did she?

by Arthur Train

Illustrated by Arthur William Brown

"Try one more cast," Old Man Tutt said to the girl in the bow, "and we'll call it a day."

They were the last canoe left on the river, and already it was nearly dark. Helen Kirkham cast at right angles across the twisting purple current and watched her line sweep downstream in a billowy arc toward the railroad bridge outlined against the topaz afterglow.

"There's a star over the bridge, Uncle Eph," she said.

"Aye! And a fish under it!" Angus Ogilvy, the guide, quickly retorted as, the line having nearly straightened, there was a swirl at the end of it and the fly was sucked down out of sight. She struck heavily, the reel screamed, the line tightened to a telegraph wire, and beyond the piles of the bridge, a silver disk hurtled end over end through the air and fell back in a shower of spray.

"A 40-pounder!" Ogilvy cried. "Unless you stop him, he'll carry us clear to Belfast!" he warned.

"I can't!" she gasped. "The line's almost out! Pull your killick, Angus!"

The guide swung in the weight and grabbed his paddle just in time to ease the strain on the line as the salmon shot downriver, towing the canoe with its three occupants beneath the bridge, past the wharves and schooners of Bangor to where the Penobscot widened before narrowing to shoot between pine-clad bluffs.

"You've got to head him," warned Mr. Tutt, who had a firm grip on the girl's waist. "Once he makes the rapids——"

Just then the salmon leaped again, feebly, dropping back with a heavy crash.

"He's tired!" Angus said. "Get in your line!"

Yielding slowly, the big fish began to come in. Fifteen minutes later the guide steered the canoe ashore and gaffed him in the shallow water. "He'll go 40 strong!" he said, hefting it firmly.

"Good work, my dear," Mr. Tutt said and smiled. "The president will get a mighty fine fish this year."

They paddled back to the wharf nearest the railroad station and sent Angus for a taxi. The afternoon had made an exciting climax for Mr. Tutt's annual visit to his old friend, Althea Parsons, with whom Helen Kirkham lived as a sort of adopted daughter.

"I'm afraid Aunt Althea will have been worrying about us," she said as they drove up the hill to where the old house stood on its elm-covered terrace. "She's been growing more and more captious lately."

"She's been lucky to have had such a devoted companion all these years," Mr. Tutt answered. "I hope someday you'll be rewarded for what you've done for her."

"I don't want any reward," the girl replied softly. "I love her dearly."

Little white-haired Miss Parsons was waiting for them in the doorway. She had aged rapidly during the past year.

"Where you been all this time, Ephraim?" she called irritably. "It's nearly nine o'clock and supper's been ready since six. I've a good mind to let you go without your vittles!"

Mr. Tutt proudly held up their catch. "Sorry to be late, Althea, but we got what we went after—the first salmon of the year from the Bangor Pool. Isn't it a beauty?"

"Salmon! Who wants to eat salmon? I've eaten fish out of that old pool for nearly 75 years—until I'm sick of it."

"You won't have to eat any this time, Aunt Althea," Helen soothed. "We're giving it away."

"Who to?" Miss Parsons snapped.

"To the president," Mr. Tutt gently explained. "You know the old custom—the first Bangor fish goes to the White House."

"That man!" Althea snorted. "Not if I know it!"

"But, Aunt Althea!"

"Don't 'Aunt Althea' me!" Miss Parsons stormed. "I'm not your aunt, even if I have supported you for 11 years. I've only one relative in the world—and that's my real niece, Edna Southworth, over on Coombs Street. A lot of gratitude you've shown, gettin' engaged to that Ted Armstrong and threatening to go off and leave me."

"But I've no intention of leaving you, dear!" Helen protested. "That is, until Ted and I can afford to marry, and that may not be for years."

"Come, come, Althea!" protested Mr. Tutt, starting across the threshold. "After 50 years don't let's quarrel over a fish."

But Miss Parsons was now wholly beyond reason. Planting herself directly in front of him, she screamed: "Listen to me, Ephraim Tutt! I won't have you give that salmon to that man! And I won't have you two taking sides against me either! You act as if you owned this house! I know what you're after! All you want is your fishing, and this girl is after my money!"

• • •

"I really don't know what to do," Helen said, as she and Ted Armstrong sat the next evening in the gazebo, looking out across the shining Penobscot. "She says she wants me to go away, but I can't believe it. I've taken care of her now for so long that she really needs me. I think she's suffering from some sort of nervous collapse and doesn't really know her own mind."

"In my opinion, she's nothing but an unreasonable old woman," he an-

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swered. "If the lumber company hadn't gone under, or I could only get another job, I'd insist on marrying you at once and taking you away."

"But I can't bear to leave her with people who take no interest in her. Edna Southworth, even if she is Althea's niece, hasn't set foot in the house in five years. How do I know that she'll give her proper attention?"

"I don't see what you can do about it," he retorted. "If she wants someone else in place of you, it's her own funeral. Personally, I'll be glad to see you relieved of responsibility. You have plenty of friends you can stay with until we can make a home for ourselves."

"I can get a job, for that matter," she replied. "It's not myself I'm thinking of, but Althea. I'm just as fond of her as if she were my own mother. Now that she's sick and unhappy, I hate to leave her."

Their conversation was interrupted by the arrival of a taxi at the front gate. A thin, stoop-shouldered man carrying a bag had followed a heavily built woman up the steps.

"There are the Southworths now!" Helen exclaimed. "Althea must have telephoned for them. I suppose I'd better give them the best welcome I can."

"All right!" her fiancé said. "And then you'd better pack your own

"I know what you're after! All you want is your fishing, and this girl is after my money!"

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things and let me take you over to Judge Smith's. They'll be glad to have you visit them for as long as you wish."

Mr. Tutt, having shipped the salmon by express to the White House, had boarded the train for New York that morning, leaving his old friend under the charge of her physician, Dr. Durkin, who reported that, though her condition was not serious, she needed absolute rest and quiet. That Althea, in spite of her outburst the preceding evening, actually contemplated sending Helen away and substituting two comparative strangers, he had not taken seriously. He was surprised, therefore, to receive the girl's letter telling of Miss Parsons' condition. Poor Althea! Well, everyone had to keep his date with Old Anno Domini.

Under the stress of his professional responsibilities, the thought of Bangor and his friends there faded from his mind until, seven months later, on entering the office the morning after Christmas, he found a telegram lying on his desk.

EPHRAIM TUTT C/O TUTT & TUTT ATTORNEYS-AT-LAW——BROADWAY NEW YORK CITY NEW YORK
MISS ALTHEA PARSONS DIED LAST NIGHT OF HEART FAILURE STOP YOU ARE NAMED AS SOLE EXECUTOR IN HER WILL WHICH HAS BEEN MUTILATED AND APPARENTLY REVOKED BY DESTRUCTION STOP CIRCUMSTANCES PECULIAR STOP ADVISE YOUR COMING AT ONCE

HORACE SMITH
DEC. 26, 1930 BANGOR MAINE

For a moment, any consciousness of the unusual wording of the telegram was drowned in his sense of personal loss. Then it jacked him up with a snap. Why should Althea's will have been "mutilated" and "revoked by destruction"? What could be the peculiar circumstances referred to by his former colleague, ex-Judge Smith? Jumping Jehoshaphat! He'd soon find out. But no salmon fishing this time.

He was met on the icy platform at Bangor the next morning by Helen Kirkham, young Armstrong, and Judge Smith, who frequently accompanied him on his camping trips.

"Yes, it's too bad about Althea, Eph," the latter said. "But I guess she'd nothing much to live for. The funeral's at noon today, and Martha's got a room ready for you over at our house. Helen's staying with us too. This business about Althea's will has got me beat. Let's go over to my office for a few minutes, where we can be quiet." He shook his head. "It's a strange setup!"

Together they crossed the square next to the station and climbed the stairs to the lawyer's sanctum in the old stone block. Ted and Helen sat down by the window and Mr. Tutt looked on while the judge removed from his safe four batches of torn paper and spread them upon his desk.

"That," he said dramatically, "is all that is left of the will I drew for Althea Parsons, which she executed in my presence in her bedroom on Christmas Day. That was the last time I saw her alive. Yesterday, about ten in the morning, Mrs. Southworth telephoned me that Althea was dead and asked me to come over at once. When I got there, she took me into the downstairs sitting room and handed me what was left of the will. I asked her where the pieces came from, and she said that Ezra, her husband, had found them in the drawer of her Aunt Althea's bed table."

"But who is this Mrs. Southworth?" asked the old man, drawing his brows together.

"Althea's niece. I forget you don't know all that's happened. Our friend never really recovered from her illness of last spring, and although she became well enough to go about a little, she had a relapse toward the end of the summer and for several months was bedridden. You see, she'd built up some sort of obsession about Helen's being ungrateful in getting engaged to Ted here. There was a salmon mixed up in it somehow, too."

"So Helen was not in the house when Althea died?" Mr. Tutt asked.

"Oh, no. I've been living with Judge and Mrs. Smith ever since last spring," the girl interposed. "They've been perfectly lovely to me!"

Mr. Tutt rubbed his chin. "Just what sort of people are the Southworths, Horace?"

"All right, I guess. Ezra Southworth has been paying teller down at the bank for over 20 years, and his wife is active in church affairs. I've never heard anything against 'em, except they're a bit tight about money."

"What disposition did Althea make of her property in the will you drew?"

"She left half to Helen and half to Edna Southworth."

"Had you drawn any prior will for her?"

"No. And she never spoke of having made one. So far as I know, she died intestate."

"Then, unless this will is admitted to probate, Edna Southworth will get the entire property?"

"Yes. And Helen won't get a penny."

"What's the estate worth, conservatively?"

"About $50,000."

Mr. Tutt whistled. "That's a powerful lot of dough for Bangor, Maine!" he remarked. "Well, Horace, who do you think did it?"

Judge Smith ran his fingers through his gray mane. "That's what gets me! There were only three people in the house that night—Althea herself and Ezra and Edna Southworth. Now, I can't imagine why Althea should execute a will at three in the afternoon and revoke it by destruction the same day, can you? On the other hand, the Southworths claim they don't know anything about it. Since Althea retained the will in her possession and it was found destroyed after her death, there is a conclusive presumption of law that she revoked it."

"That's right," the old man agreed. "The law is absolutely settled in that regard. In default of other evidence, no court in the land would admit this mutilated will to probate. After the funeral I think I'll go over to the house and give these Southworths the once-over. As executor, I guess I'm entitled to snoop around a little. But, by Suffering Moses, it looks as if they have us hogtied!"

• • •

"We've kept everything just as dear Althea left it. We were so fond of her. We haven't so much as opened a drawer of her desk." Mrs. Southworth, a sallow woman with an aquiline nose and firm mouth and

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chin, pressed a black-bordered handkerchief to her lips and sniffed.

"It's my duty to investigate the possibility of your aunt having made a prior will," the old man answered gently, as she ushered him into the familiar library. "Did she ever mention having done so?"

"No," Mrs. Southworth replied. "But she may have made one, for all I know. I'll be glad to help you look through her papers."

"If you don't mind, I'd prefer to examine them by myself," he suggested.

"Just as you like. If you need me, I'll be right upstairs."

Mr. Tutt, after Mrs. Southworth had gone out, glanced about the room. Nothing appeared to have been changed. Of course, if she'd wanted to, she'd had time to destroy a dozen prior wills. He got up, inspected the mantelpiece, and crossed to the tall bookcase. The handsomely tooled sets were in their accustomed places. He peered along each shelf until he came to the corner by the window, where, on the lowest of all, stood a heterogeneous row of odd volumes. It was a bit dark behind the hangings, and he had to put on his spectacles. Suddenly he grunted, yanked one out, and looked at the title page. Then his lips drew together and his eyes gleamed. Slipping the book into the tail pocket of his old frock coat, he stepped quickly to the door. Did he imagine it, or had he heard the faint rustle of a dress and the creak of a board upon the stairs?

"All right, Edna," he muttered. "It isn't much of a clue, but it's something to go on. Anyhow, if you want a fight, I'll give you one."

During the next fortnight the old man, assisted by Helen Kirkham and Judge Smith, ransacked every drawer, closet, and corner in the Parsons' house without turning up the slightest evidence bearing upon Althea Parsons' testamentary intentions or negativing the presumption that she had revoked her own will by destruction. In spite of this, Mr. Tutt

Slipping the book into the tail pocket of his old frock coat, he stepped quickly to the door. Did he imagine it, or had he heard the faint rustle of a dress and the creak of a board upon the stairs?

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had offered the four fragments for probate. All citations had been waived, and there had been no appearances entered other than his own, as executor, and of Helen Kirkham as legatee of half the estate under the propounded paper.

The proceedings took place in the big courthouse before Probate Judge Henry Perkins one snowy day in January, and because there had been some mention of the circumstances of the case in the *Bangor Commercial* the previous evening, the chamber was well filled. Inside the rail beside Mr. Tutt sat Helen Kirkham with Ted Armstrong, while the Southworths remained modestly in the rear of the room.

The pair, for various reasons, had stumped Mr. Tutt from the very start of his investigations. Prior to their coming to Miss Parsons' they had lived in a small house on Coombs Street without attracting the slightest attention. They had no children or intimate friends, never invited anyone to their home, employed no help, kept no dogs or other pets, and took no vacations except an occasional weekend at Pushaw Pond ten miles away, where Southworth rented a small shack. Their credit at the store was good; their attendance at church, regular. As a couple, they were polite, if not particularly agreeable. The score was purely negative, and unless that fact had in itself significance, it indicated absolutely nothing. But Mr. Tutt always proceeded on the theory that externals were inevitably misleading and that every individual has some controlling motivation, usually deeply hidden. It did not seem possible that any two human beings could be as colorless as the Southworths appeared to be. Surely the woman herself, if not her desiccated little husband, must have some underlying incentive which activated her conduct.

There was no other case on the calendar, and Mr. Tutt, having pinned the fragments of the will upon a piece of cardboard, passed them up to the judge upon the bench.

His Honor looked at them curiously. "May I ask why this will—if it be a will—is in the condition in which you offer it?" he inquired.

"Because that is how it was found," the lawyer answered. "The testatrix executed it last Christmas Day and retained it in her possession. She died of heart failure during the night. Next morning the will was discovered in the drawer of her bedside table, torn in four parts."

"In that case, of course, the law compels me to presume that the testatrix herself revoked it by destruction," Judge Perkins declared.

"I try to be an understanding parent about kids having to return home to live, but who is this person?"

"True—unless I can overcome that presumption," Mr. Tutt replied boldly, with a confidence which he by no means felt. "I hope to prove not only that the testatrix did not herself destroy the document but that some other person did."

The judge raised his eyebrows. "This would seem to be a rather unusual case," he remarked.

"Most unusual," Mr. Tutt agreed. "In fact, it is unique in my experience."

Edna Southworth, sitting beside her husband, heard Mr. Tutt's announcement without concern. No one in the world except herself could rebut by oral testimony the legal presumption that Althea had personally revoked the document. She had not even taken her husband into her confidence.

"I will call as my first witness Mr. Ezra Southworth," Mr. Tutt said.

"Who was the last person to see Miss Parsons alive?" he then inquired.

"Edna, I guess," the witness answered willingly enough. "Mrs. Higgins, her hired help, went home as usual, at three o'clock. Judge Smith came over, with two young men who were attached to his office, about four, and we all went up to Althea's room and she signed the paper. Then Edna put it in the table drawer and the whole thing was over in ten minutes. Dr. Durkin called at six o'clock, and after he'd gone Edna took up Althea's supper on a tray. Along about seven she fetched it away again and fixed her up for the night. When she went back next morning the old lady was dead. I telephoned the doctor and he came right over."

"Then there had been no one else in the house, except you and your wife, from the time Dr. Durkin called late in the afternoon of Christmas Day until he returned the next morning? You are positive of that?"

"Not a soul. After he'd gone, Edna told me to go upstairs and see if the will was there."

"You know that under it Miss Kirkham took half the estate?"

"Yes, Althea had told us her intentions over a fortnight before."

"Of course, you also knew that in case of an intestacy your wife would get everything?"

"I knew she was sole heir and next of kin."

Mr. Tutt glanced at Judge Perkins. "And did you go upstairs as she suggested?"

"Yes. I didn't much like to, although there was a sheet over the body. I just sneaked in, pulled out the drawer of the bed table, and found the will torn up, folded exactly as it is now."

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"You didn't destroy that will yourself, so your wife might get the whole property?"

The witness bristled. "Absolutely not! I wouldn't do such a thing!"

"Thank you, Mr. Southworth."

"Horace Smith, take the stand," Mr. Tutt directed.

Judge Smith, seating himself in the chair vacated by Mr. Southworth, nodded familiarly to Judge Perkins.

"When did you first see the papers I now show you?" the lawyer asked.

Judge Smith cleared his throat. "They are what is left of a will I drew for the late Althea Parsons. I superintended its execution in the bedroom of the testatrix on December 25 of last year. Both Mr. and Mrs. Southworth were present, as well as two clerks from my law office, who, with myself, acted as witnesses. I asked Miss Parsons whether I should take away the document for safekeeping. Mrs. Southworth volunteered that it would be a wise thing to do, but the testatrix said that she might wish to look it over and told her niece to put it in the drawer of the table beside the bed."

"When did you next see the will?"

"Within a few hours after Miss Parsons' death. Mrs. Southworth sent for me and handed me the papers offered for probate, stating that her husband had found them in the drawer in their present condition."

"Now, Judge Smith," Mr. Tutt went on, "will you, for the benefit of the record, please describe these four pieces of paper?"

"With pleasure. The will, as originally drawn, consisted of three sheets of stiff, polished bond backed with a heavy cover of fibrous Manila, the top of which was folded over, perforated, and fastened to the enclosed sheets with steel eyelets. The document itself was folded twice—once in the middle and then again—so as to fit the standard larger-sized mailing envelope."

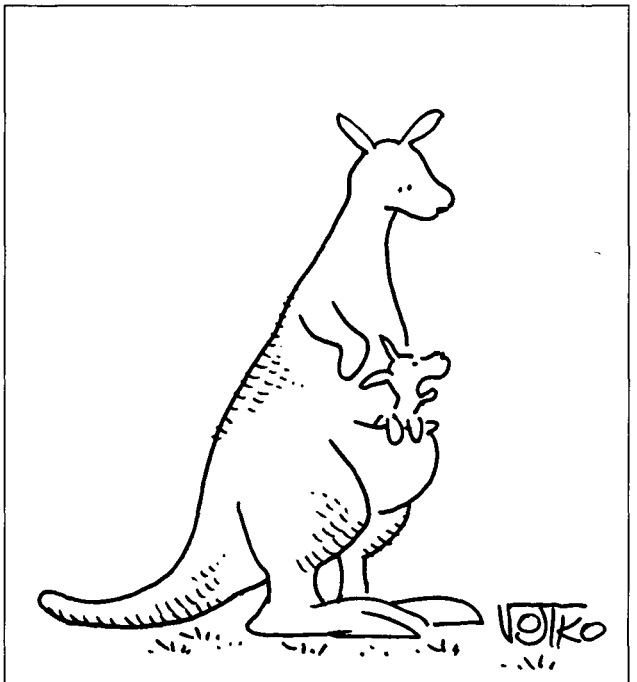
"Can you tell whether or not the will was folded when it was torn?"

"I can, positively. Whoever destroyed that will took it just as it was—folded—and tore it once across the middle, and then did the same to each remaining part; otherwise, the rents in the cover would bear no relation—as they, in fact, do—to the tearings of the sheets inside."

"That is clear enough," His Honor agreed.

"That is all, Horace," Mr. Tutt said. "Dr. Durkin, please come up here. . . . You were Miss Althea Parsons' physician, were you not?"

"I was for 20 years," the doctor answered. "I attended her in her last illness. She died last Christmas night of heart failure. I had called late that afternoon to inquire how she was getting on. I remember that lying beside her among various gifts was an especially pretty pair of bed socks, which she said Miss Kirkham had knitted for her. Apparently, she had been quite touched and pleased at receiving them. Just as I was leaving, she asked me to open the drawer of the bed table and give her the paper I would find there. It was the will which is now before the court, then intact. She looked it over, nodded her head, and then handed it back to me, after which I returned it to the drawer and bade her good night. Early next morning, Mrs. Southworth called me on the telephone and said that her aunt was dead."



"Mom, I can't sleep! Your stomach is grumbling too much."

Mr. Tutt paused, then asked impressively: "What had been Miss Parsons' physical condition during the last year or so?"

"She had a trauma of the heart and also suffered from anemia and hardening of the arteries. She had been confined to her bed for three months and was extremely weak."

"Now, Doctor," Mr. Tutt said significantly, "in your professional opinion, would it have been physically possible for Miss Parsons, without assistance, to have taken that will from the drawer and torn it up, folded, as it was?"

"In my opinion," Dr. Durkin answered emphatically, "it would have been utterly impossible."

A murmur ran around the courtroom, and some of the spectators looked over their shoulders at Mrs. Southworth. Edna's pulse hesitated and then jumped. She had not thought of that. If Althea hadn't torn up the will, only Ezra or she could have done it. There would have been no revocation and the will would be still valid; she'd only get half the property instead of all. The edge of her forehead below her frieze of hair was damp. Then quickly she had an inspiration. Why not tell the truth—namely, that she had herself destroyed the will, but claim that she had done so at her aunt's request? Then everything would be all right.

Mr. Tutt faced the rear of the courtroom. "Mrs. Ezra Southworth," he said solemnly. "Please be sworn."

(continued next issue)

Constitution

continued from page 56

cation, law, and local government.

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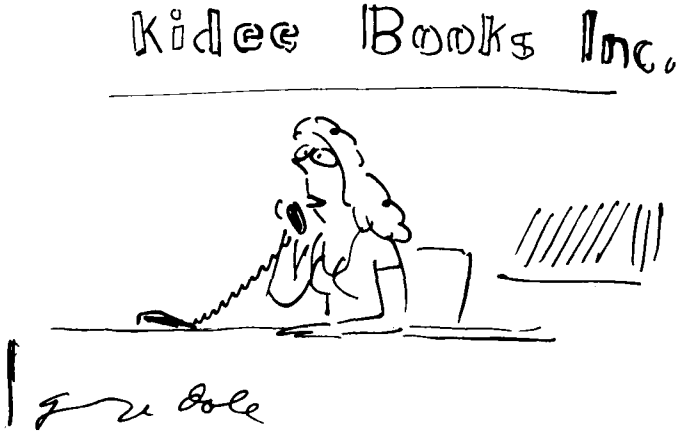
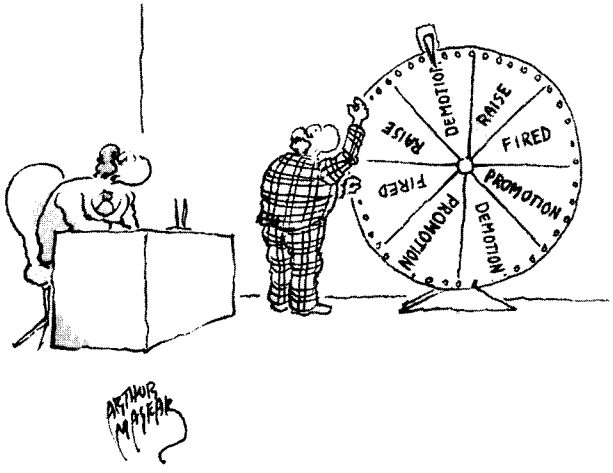
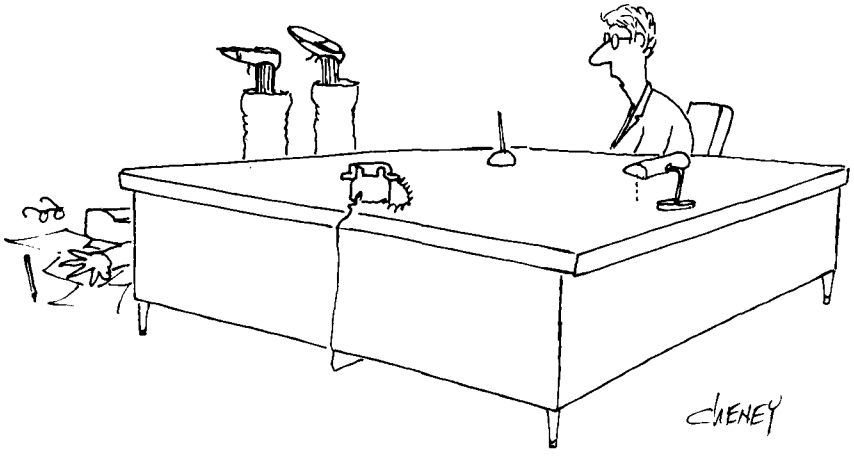


*"Can I take a message?
He's on the potty right now."*



"Stop whimpering and spin the wheel, Hackworth!"

*"I don't think it's wise for everyone to go
on a business trip at the same time!"*



*"Then again, I might be willing to consider
a smaller starting salary."*

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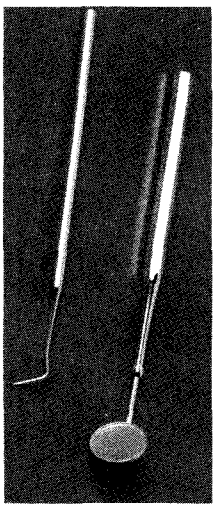

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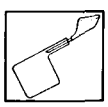

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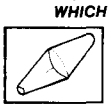

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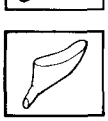

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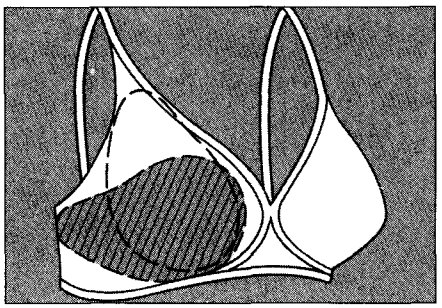

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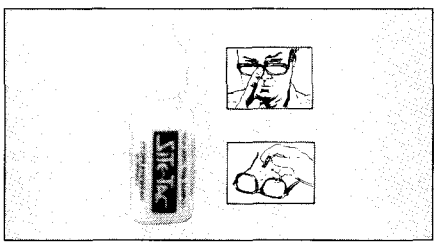

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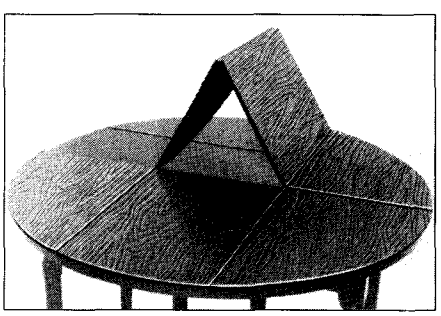

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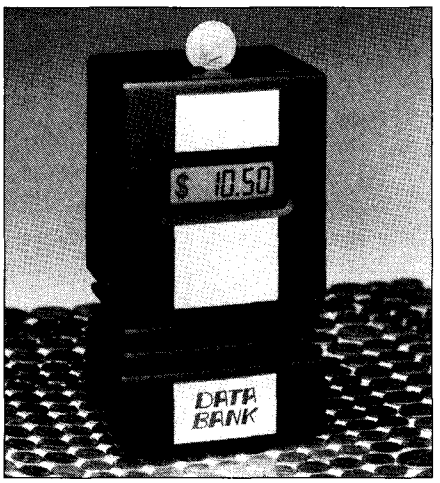

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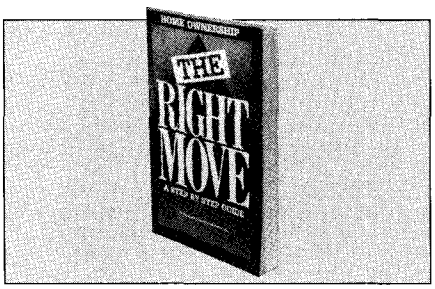

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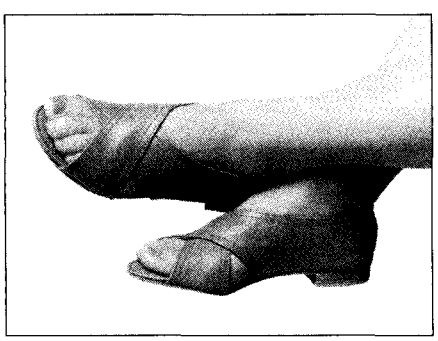

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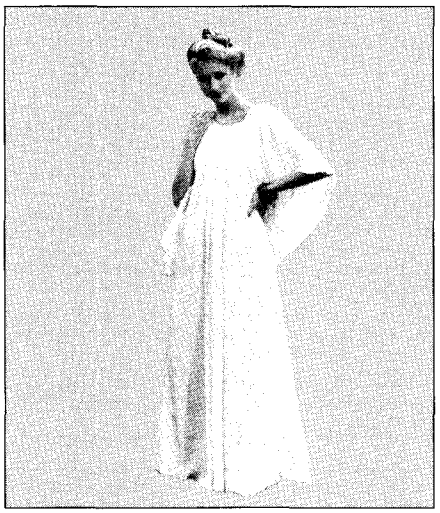

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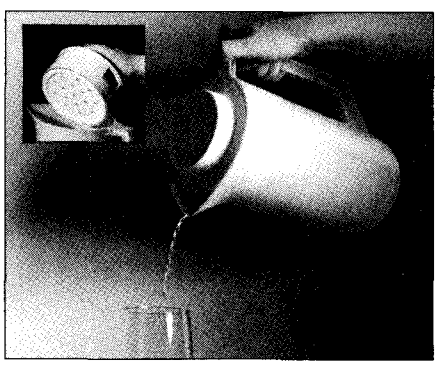

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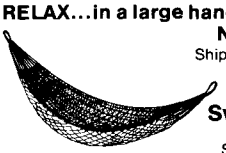

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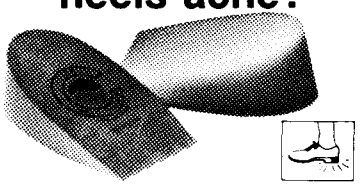

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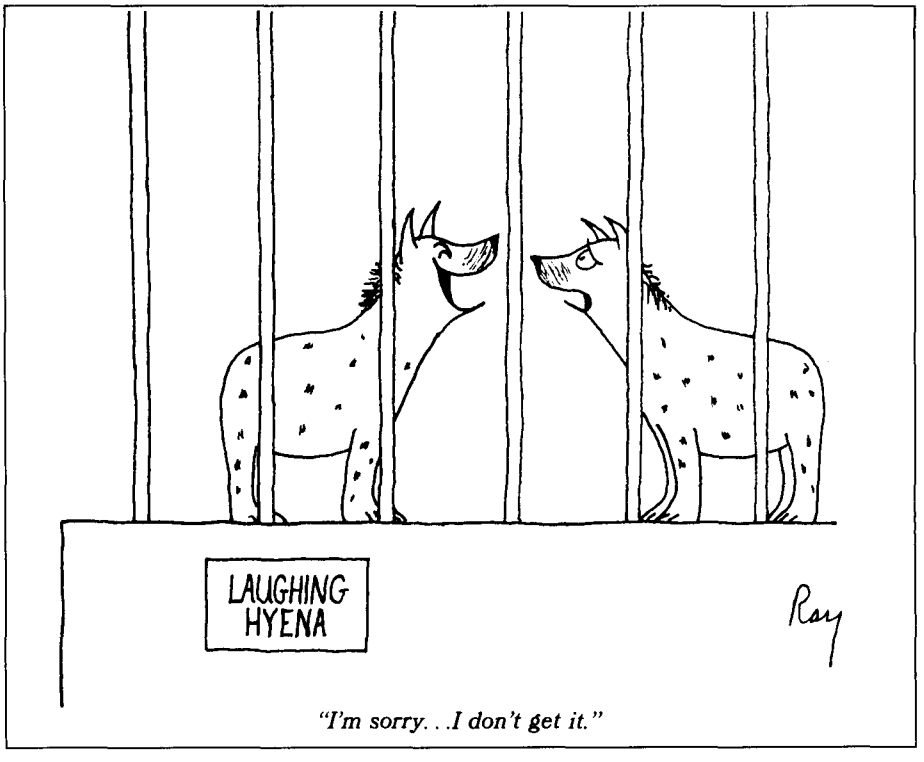

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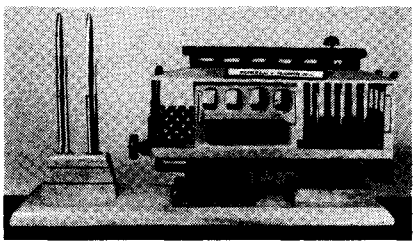

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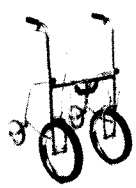

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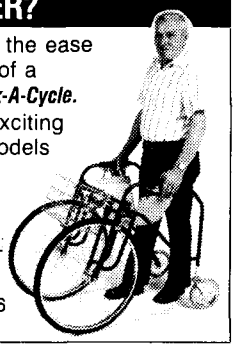

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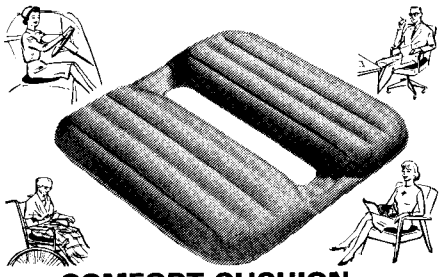

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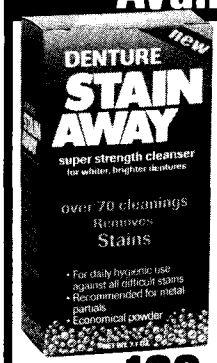

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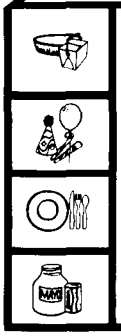

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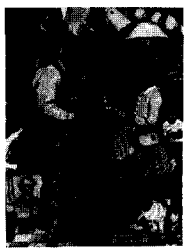

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Oh, Vanna!

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my family back home," she says. Money's not going to corrupt her, either. "People automatically think that if you're on TV, you're a millionaire," she says. "I'm not. I will say that my cats are eating well, though." When hit by the urge to splurge, she's the soul of sensibility. "I'm easy," she says. "I like fingernail polish and shoes."

How much longer White remains the ornament on "Wheel" is another open-ended question, but the three years remaining on her contract make it unlikely she'll depart any sooner. "I have no desire to leave," she says. "It's too much fun." That's not to discount the many offers tempting her to branch out in other directions. "There's some things in the works, but nothing definite," she says. "I think it would be fun to play some kind of villain, kind of like a Joan Collins." However, it's more likely that when the time comes to leave, she'll end up typecast in some sort of situation comedy—which would be dandy by her. "My all-time secret goal is to be in a series like the 'Donna Reed Show,' " she admits. "That was such a wonderful show, and I can see myself doing something like that."

The shower of options is comforting to the woman who still can't believe she's living out her girlhood dream, but White is naturally wary of too much good fortune. "In this business, you're on top of the world one day, and the next day you don't have a job," she says. "I want to make sure I'm covered." Skepticism aside, White will undoubtedly be a fixture on television in some capacity for years to come, flipping her skirt, smiling, and doing what she does best—being her bubbly self. "I'm not exactly sure what the future holds for me," she says. "But I enjoy being in front of the camera and giving people a good feeling out there. As long as I can continue doing that, I'll be happy." Viewers already know that makes them happy, too.

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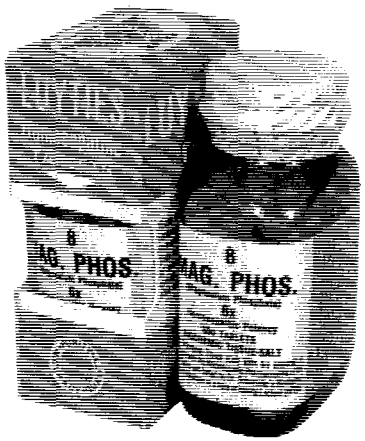

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Investing

continued from page 30

mutual funds. It would be difficult to redeem a few square feet of your home.

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If you have questions for our "Money Talk" column, please address them to "Money Talk," Box 567, Indianapolis, IN 46206. The editors regret we cannot reply personally to all letters.

Special Diets

continued from page 21

injection method for a length of time find that costs are not increased and that the danger of personnel's being bitten is no greater than when using the chamber. Amarillo switched from the chamber to the injection method about one year ago. Animal-control personnel were trained by a veterinarian to give the injections. Everyone seems satisfied that the method is working smoothly, and costs have not increased greatly.

In one way, the controversy over euthanasia methods is good, because it brings to public attention the tremendous waste of animal life. We who work closely with animal-control officials know that their job is hard but necessary. Actually, responsible pet ownership is the only answer to this sad story.

H.E.W.

Send your questions for the vet to: Vets on Pets, The Saturday Evening Post, *1100 Waterway Blvd., Indianapolis, IN 46202. Because of the volume of response, the editors and Dr. Whitely regret we cannot reply personally to all letters.*

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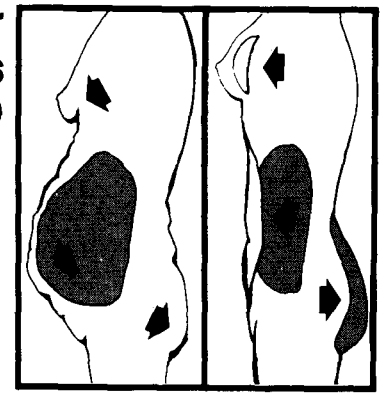

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HOLLAND

Practical? Thrifty? Industrious? Holland, Michigan wants you to know that the Dutch can throw a pretty good party, too. William Anderson looks at the goings-on.

A 200-year-old brick-and-timbered windmill revolving in the spring breezes. . .cheerful housewives in wide skirts and aprons scrubbing the streets. . .the clattering sounds of klompen dancers in wooden shoes. . . acres and acres of tulip fields, the Apeldoorns, Sorbets, and Stresas. . . all the sights and sounds suggest the Netherlands in May. But *Michigan* in May?

Yes, if the town is Holland, Michigan.

Each May, Tulip Time officially begins with a surprising declaration for the tidy town of Holland. "They're dirty!" the town crier announces as he inspects the city streets. This pronouncement sets brigades of costumed scrubbers to their work. The street-scrubbing ritual constitutes the first of three parades, Michigan's governor traditionally joining in the labor of washing the pavement to comply with standards of Dutch cleanliness. Each morning thereafter until Tulip Time ends, local merchants scrub sidewalks in front of their businesses.

The largely Dutch-descended populace of Holland likes to think its annual Tulip Time Festival is the closest link to the homeland without a passport and a transatlantic flight. In a town where surnames beginning with "Van" make up a sizable thickness of the telephone book, the Dutch "kolonie" heritage remains vital near the shores of Lake Michigan. Once 90 percent Dutch, the western Michigan community still claims nearly 60 percent direct Dutch descent for its present population.

The tulips of Holland are more Dutch than the residents—and during Tulip Time they're more numerous.

Except for a hiatus during World War II, Tulip Time has steadily enlarged its authentic display of colorful folkways, ever-widening lanes of tulips, parades, music, and dancing, all accompanied by the click-clack of wooden shoes. More than a half-million visitors from all the states and Canada descend during the May festivities; they make Tulip Time one of the country's most widely attended annual parties. "Only the Rose Bowl and the Mardi Gras exceed our attendance records," boasts Mary Duistemars of the Tulip Time Office.

"This is our heritage celebration; we want to keep commercialization away and retain a Dutch accent to everything," stresses Sonja Boeve, one of the 7,000 Holland residents who work all year long planning and preparing for the four-day fests. Tulip Time always comes during the second full week of May; this year's dates are May 13-16. "If there's a key word to Tulip Time," Sonja says, "it's Dutch *hospitality*!"

The seed for the Tulip Time celebration came in 1927, when a local biology teacher named Lida Rogers suggested that the town adopt the tulip as its flower and set aside a day to mark Holland's ties with the mother country. As a result, 100,000 tulip bulbs were imported from Dutch growers and sold to Holland residents for a penny apiece. Public parks were planted with rows of the colorful flowers. They have never stopped blooming, and Lida Rogers' community challenge continues to flourish as well.

At Tulip Time the massed blooms of tulips seem to engulf Holland. Holland's tulips are tenderly nurtured, periodically replaced with new bulbs, and artistically planted throughout the city parks. Some bulbs are replanted each year; others are deemed colorful enough to last several seasons. One criterion is in-

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violate: all plantings in Holland must be grown in the Netherlands and emanate from one grower.

The largest display is in Kollen Park, where 5,000 tulips bloom en masse, representing 7 species and 76 offshoot varieties, including yellow Triumphs, the Double Late Peony-flowered, the fringed Burgundy Lace, the early Darwins, and the crimson Red Riding Hoods.

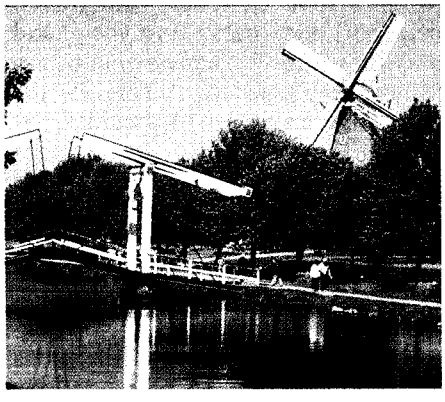
The thousands who descend on Holland in May can take deeper draughts of Dutch nostalgia than simply oohhing and ahhing as they stroll the eight miles of tulip lanes. There is a Dutch official who judges tulip gardens and makes awards; a "Little Netherlands" village to tour; the Netherlands Museum; the Wooden Shoe Factory; and a Tulip Time marketplace. Entertainment is varied and continuous; for many seasons—1987 included—the stars of the Lawrence Welk Show have performed throughout the festival. And never, it seems, is one far from the klompen dancers. More than 1,400 Holland high-school student and alumni dancers, dressed in costumes representative of the 11 provinces of the Netherlands, perform Dutch folk dances. It is not unusual for the dancers to perform as many as 25 shows during Tulip Time.

The klompen dancers would not klomp if it weren't for their wooden shoes. Holland, Michigan, like the homeland, abounds in those quaint, peak-toed, soft-poplar shoes that originated when leather proved to be inefficient in the soggy lowlands and the damp canals of the Dutch countryside. The varieties of shoes seen during Tulip Time are several, for each province of the homeland has its own style. All wooden shoes require layer after layer of woolen socks—sometimes as many as nine pairs—to prevent slipping and sliding and blisters. Costumed Hollanders maintain that the shoes are surprisingly comfortable.

Taking home a pair of authentic wooden shoes is a common experience for Tulip Time visitors. Watching the making of the shoes is a festival tradition. Craftsmen are stationed at various city attractions. The Wooden Shoe Factory features hand-painted blue delft; visitors stand fascinated as shoemakers use methods passed down through generations of turning chunks of log into shoes.

Although Holland's tulip festival largely takes its ambience from replicas of the homeland, an authentic part of the Dutch countryside was actually transported—beams, bricks, and sails—to Michigan. *De Zwaan,* a windmill, stands sentinel over Windmill Island, a conglomerate of Dutch buildings and artifacts located two miles from Holland. *De Zwaan* (meaning "the swan")—the last windmill to leave the Netherlands before the structures were protected as historic sites—is the sole example in America today of an operating windmill with origins in Europe.

Dating from 1716, *De Zwaan*



The miller's tale, Holland version: Dutch-Americans go ancestral, draining bog and erecting operational windmill imported from mother country.

The making of wooden shoes, a popular Holland pastime, also boosts wool-sock sales—nine for every shoe.

Why are these Hollanders having such a good time? Because each May they can skip class or take the day off from work and dance the Tulip Time away in their home town. Such klompen dancers, omnipresent during the festival, perform folk dances.

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(bearing bullet holes from World War II) was purchased for transport to Holland in 1964. The mill was totally dismantled at its Vynkel, Noord-Brabant, home and shipped to Muskegon, Michigan. From there it was trucked to Holland. The rebuilt and restored windmill towers 12 stories high, its steel beams and sails spanning 80 feet. The original grindstone and wooden gears are still used in the structure, the centerpiece for Holland's Windmill Island.

John Heuvel, who followed *De Zwaan* to Michigan, began his role of miller in 1968. Today, he serves the mill year round, a job that peaks during Tulip Time. In his Volendam costume, Heuvel acts as the tour guide to thousands of tourists who explore the mill. Heuvel, who also does all the grinding and supervises packaging, is in charge of repairs and restorations as well. He paints the windmill each year.

"I work with equipment that is nature-guided," Heuvel explains. "We don't get wind every day, but with a good 35 mph steady wind from the northwest, we can grind fine flour."

Surrounding *De Zwaan* at Windmill Island is an ever-expanding slice of small-town Dutch life. Craftsmen work in front of neat brick buildings. An old Dutch carrousel attracts children, just as it did in the Netherlands. Strolling over a canal bridge, visitors tour the replica of a 14th-century inn, the Posthouse, and witness such crafts as candle carving and the making of apple butter.

Windmill Island takes tourists centuries back in time and place, and festival visitors have the added thrill of—what else—100,000 tulips in glorious bloom!

BY THE SHORES OF "MICHIGAMI"

The Indians' "Big Lake" reaches deep into the American heartland.

A journey of a thousand miles starts with a single turn of the steering wheel. You turn north, off Chicago's Stevenson Expressway, onto Lake Shore Drive. To the left, an astonishing vertical mass of great irregular rectangles thrusts upward. A half-dozen dark towers soar above them all, static, silent, dramatic.

The scene is riveting, but you have to look ahead, for there's traffic here moving furiously in the lanes through sound and haze. Suddenly you jog right a little, head-on toward a scene in perfect counterpoint to the city: a flat, bare expanse of pale blue, stretching on and on to the northeast horizon.

You are in Chicago, and you have glimpsed Lake Michigan—America's pond—peerless in the land for size, beauty, and importance.

You press on, past McCormick Place, the Field Museum of Natural History, Shedd Aquarium, through beautiful Grant Park, all the way north to Evanston and beyond. The object of your journey is not Chicago, but the body of water that links this city to a hundred others. And your odyssey of a thousand miles around this greatest American lake has barely begun.

If your time is limited, you had best save Chicago for the next convention, else the allure of the city will bankrupt your schedule. Milwaukee lies ahead, and there is a score of interesting smaller cities in between, including a lakeshore corridor of suburbs that might be called millionaire's row. You pass through Wilmette, Winnetka, Highland Park, Lake Forest, and Lake Bluff, each with an obligatory beach on the lake and a golf course handy. Highland Park would make a worthwhile stop, even for those on a short schedule, because it offers notable Frank Lloyd Wright houses, five parks, and four museums.

From Chicago to Milwaukee, the well-populated shoreline of Lake Michigan might be called "Ethnicland USA." Perhaps few areas on earth have a more diverse mix of Germans, English, French, Poles, Irish, Serbians, Greeks, Italians, Scandinavians, Asians, and others. The reason has to do with the geography and geology of Lake Michigan itself. North to south, the huge lake cuts through nearly 300 miles of terrain extraordinarily rich in minerals, forests, wildlife, water, grass, and farmland. During the 19th-century exodus from Europe, these resources were ripe and ready for exploitation, creating in one region opportunities as diverse as those in all of Europe.

A hundred years ago you would have seen a kind of walled-off diversity in Chicago, Waukegan, Kenosha, Racine, and Milwaukee. Now the diverse past exists only in names and the architecture, and you must experience it in churches, restaurants, neighborhood bars, festivals, and museums. Ethnic richness abounds in Milwaukee especially. This is the most German of American cities, yet if you have a few hours, you can visit the Annunciation Greek Orthodox Church, designed by Frank Lloyd Wright, or St. Josaphat Basilica. You can dine at the Wurst Haus or opt for the Old Town Serbian Gourmet House.

The Milwaukee waterfront beckons also, but you've been here too long already. Driving north on the freeway through beautiful dairy country, you catch only a few tantalizing glimpses of the lake. So you exit at Sheboygan. Here's a place to see the lake again and, finally, to experience it. You walk out on a concrete pier into a half-mile of gently lapping blue lake sprinkled with fishermen, standing and casting.

Back on the road, you skirt Wisconsin's Door County, a great "i" slanting out into the lake, dotted by Washington Island. It's a lovely peninsula, but it's famous for staying and playing on, not driving around.

You pass Green Bay, a small city whose football fame perhaps obscures its rich history. Searching for a route to China, Jean Nicolet discovered this site in 1634. Later the town became a center for the huge fur trade that

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blossomed around Lake Michigan.

The land is not as pretty now, as farmland begins giving way to woodland, but there's still the blue lake, river after river, and much of interest. At Oconto, a museum exhibits tools used by the Indians of the Old Copper culture, ancient metalsmiths. Further on, the Fire Museum at Peshtigo commemorates a forest fire that took 800 lives here on October 8, 1871. (That same day of infamy, fire also destroyed Chicago and Manistee, Michigan.)

You cross the Menominee River into Michigan and drive 50 miles through forest cleavage to the busy Escanaba waterfront. Now you turn east into Hiawatha National Forest and a beautiful 120-mile drive along the north shore to the Straits of Mackinac. From here, the five-mile-long Mackinac bridge carries you to some of the prettiest shore country of all: the skiing, fruit, and dairy region off Grand Traverse Bay, along Highway 31. If you've saved some time and money, or can spare some, Trav-

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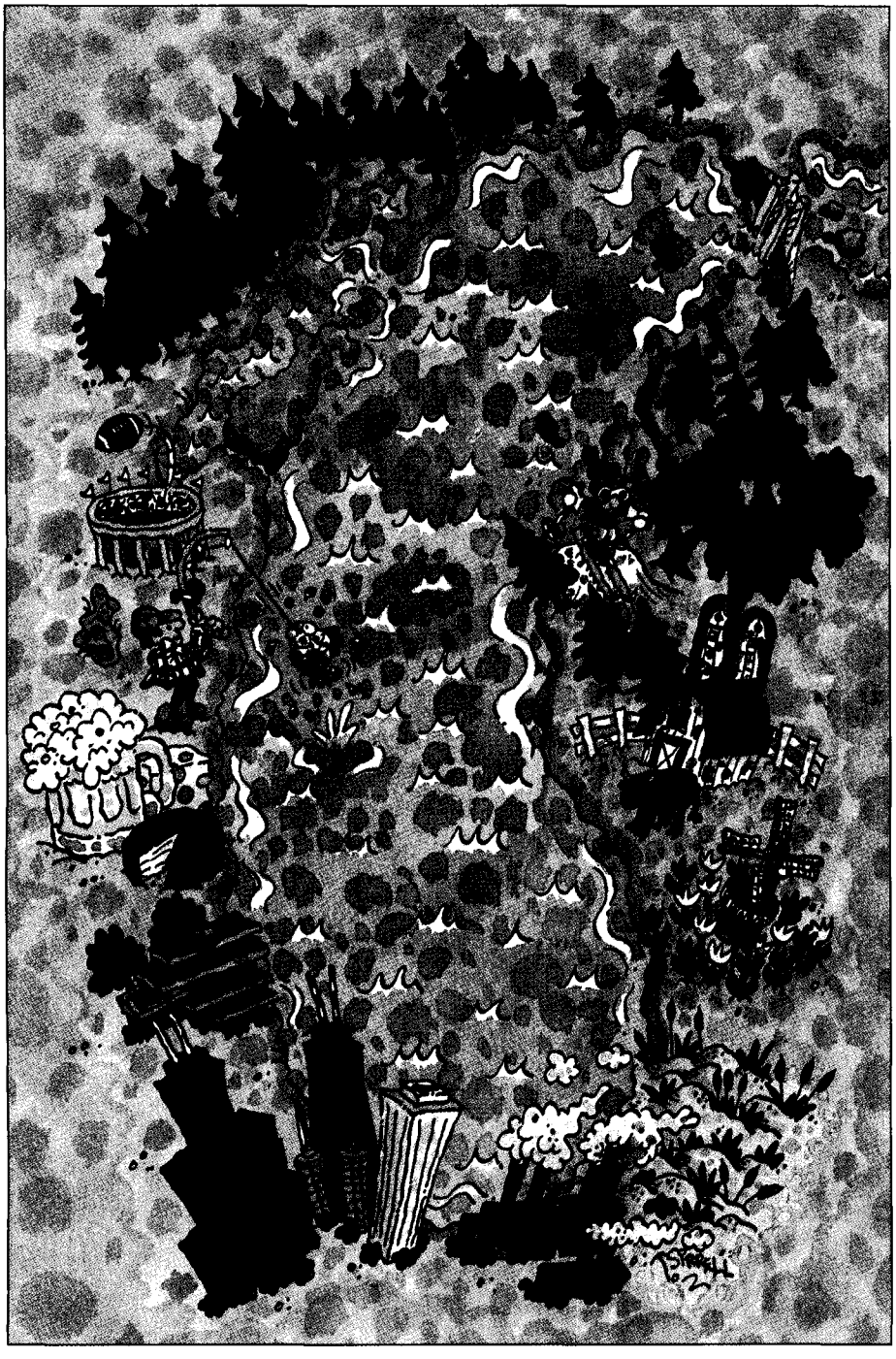

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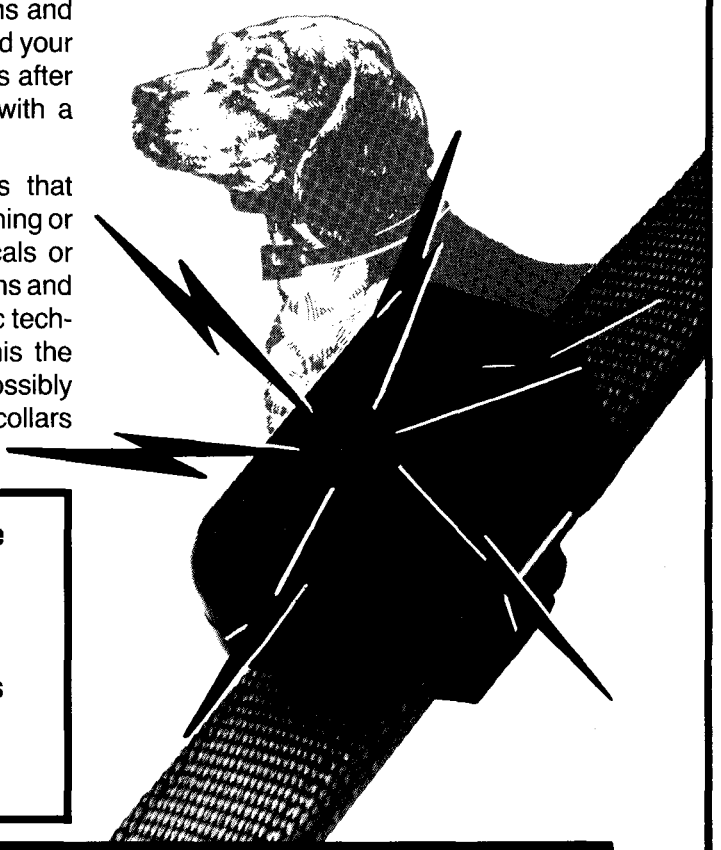

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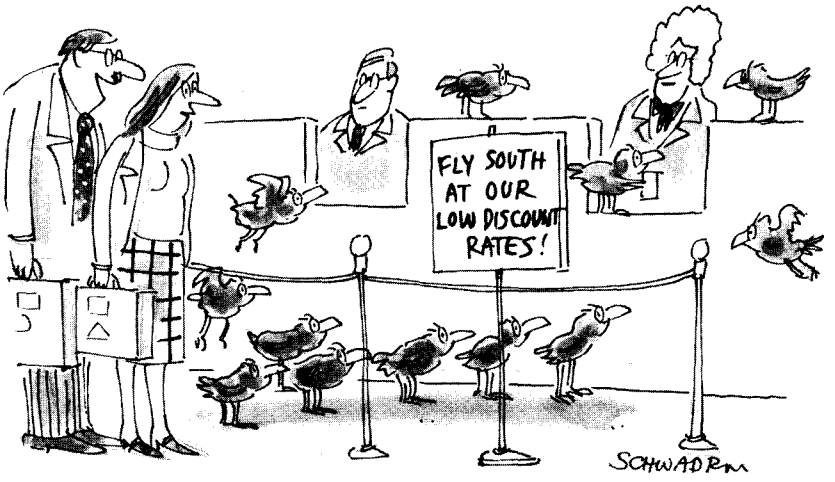

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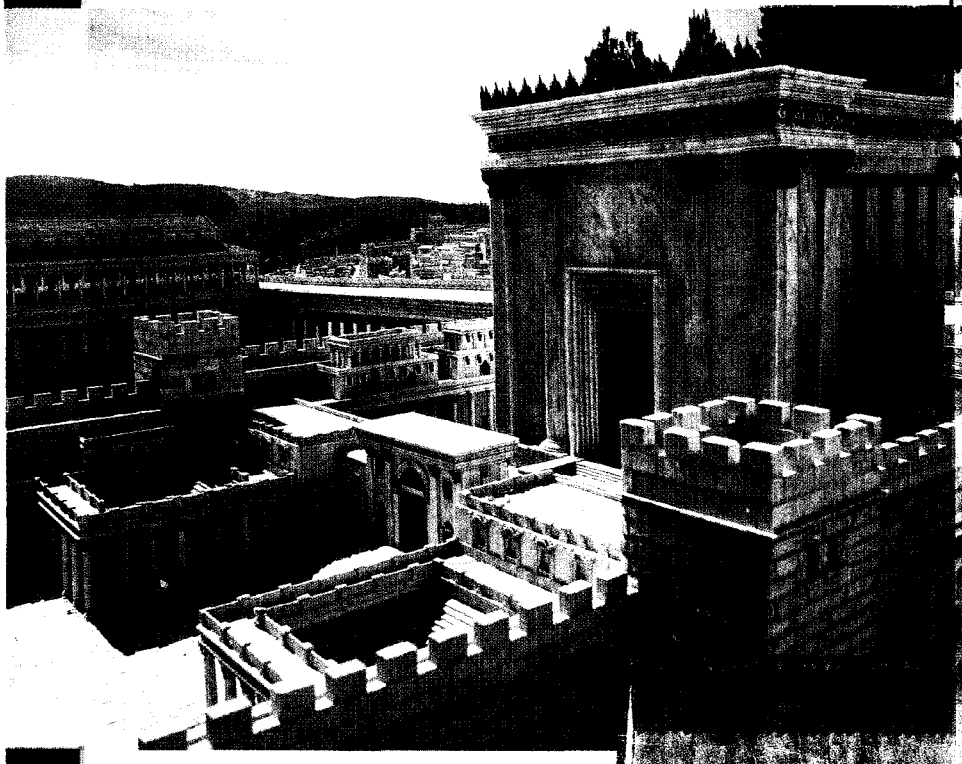

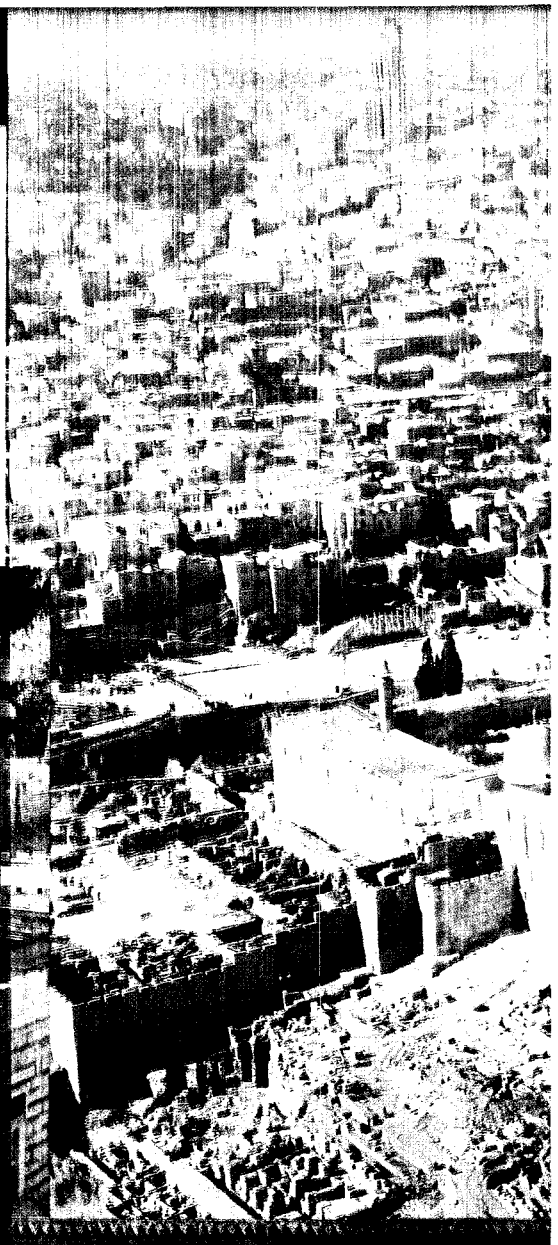

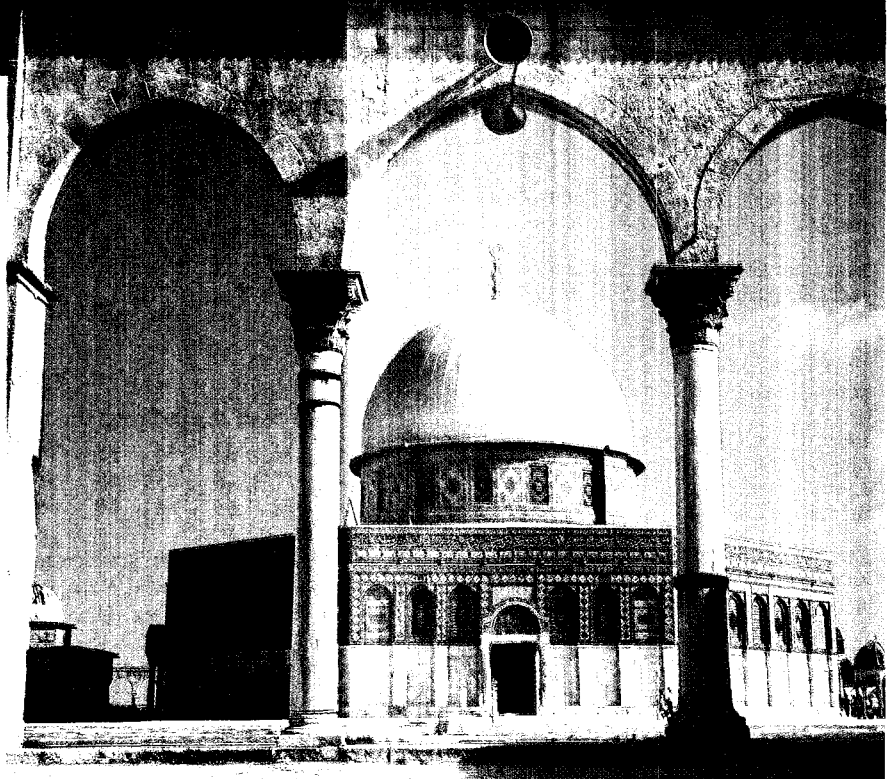

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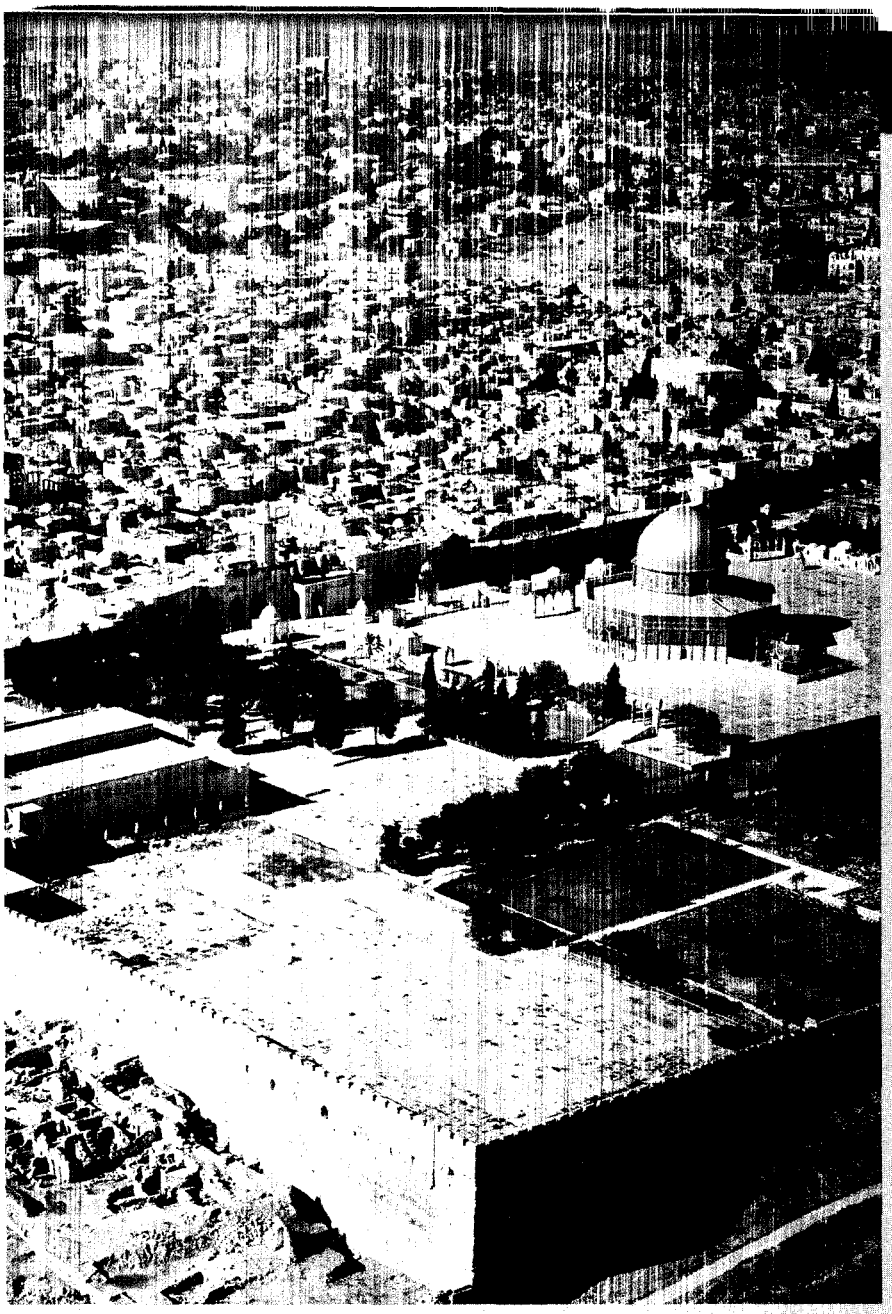

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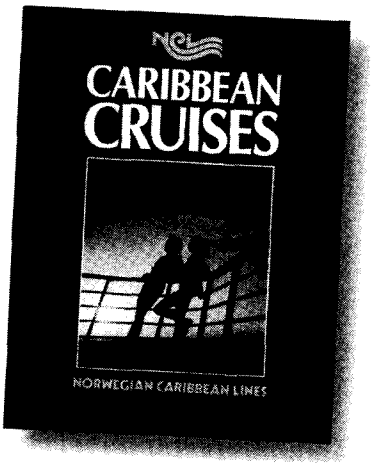

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"Michigami"

continued from page 85

erse City is the place to stop and spend them. The region in all directions is a wonderland of bays, islands, peninsulas, beaches, and sand fields, including legendary Sleeping Bear Dune. During the dog days of July and August, this is perhaps the coolest spot in the Midwest.

The east shore of Lake Michigan is lightly populated. On the way to Muskegon, you see mile after mile of lonely shoreline, beach, dune, and forest. A good stop is the remarkable state park near Ludington, but don't stay too long, because there's more ahead. (Muskegon alone has 11 parks, many with beaches on the lake.) At Holland, you see a tidy little city that swells by hundreds of thousands during its famous Tulip Time Festival.

After visiting Warren Dunes State Park further south, you may figure you've seen enough dunes, but the best is yet to come. Indiana can claim only about one percent of Lake Michigan, but it has one of the lake's treasures, Indiana Dunes National Lakeshore. Here you can view thousands of acres of clean, sculpted sand and fully 20 miles of beach. Before passing through Gary and its mighty lakefront mills, then back to Chicago, this is a place to relax and play a little near the end of a thousand-mile journey around America's pond.

—Ralph Reynolds

Baffled by Brushes

continued from page 19

receiving equal attention.

Claudette Tapocik, a dental hygienist who manufactures Plak Smaker toothbrushes, recommends that people brush first without toothpaste. She argues that a dry brush removes plaque more effectively than one wet and saturated with toothpaste. She says using a fluoridated toothpaste after a dry brushing is "more effective because the fluoride cannot penetrate the plaque."

Dr. Myron Nevins, the co-editor of the *International Journal of Periodontics and Restorative Dentistry* and a Swampscott, Massachusetts, periodontist, has seen thousands of patients with gum-disease problems. His greatest concern about oral hygiene is that "many people are not aware of the shelf life of their toothbrush. Most toothbrushes will last only three to five weeks before the bristles lose their shape and their effectiveness to remove plaque. In addition, these deformed brushes also may damage the gum tissue and the tooth surface.

"It is important to realize that toothbrushes are only designed to clean plaque from the inner and outer surface of the teeth and gum tissues," Dr. Nevins goes on to note. "It's necessary to select some tool to clean the plaque from between the teeth because most dental disease occurs between the teeth. The toothbrush is simply not designed to reach these areas."

Floss and other interdental cleaning devices are available for this critical job. Your dentist can provide guidance on which product will do the best job of helping you protect your teeth and gums.

Scavullo

continued from page 53

Horst were the stars. I worked mostly for Horst. Early on, I had a lucky break—Horst's assistant left suddenly and he needed a replacement: the replacement was me.

There was great excitement in the studio one day soon after I'd begun working with Horst: Marlene Dietrich had arrived. The great Dietrich in the same room with me! It was even better than the first time I'd seen Garbo on the screen—here was a goddess in the flesh, alive and breathing and right across from me!

She sat down, and I arranged the back light, Horst abruptly spitting out "Left, right, left, right" to get the light adjusted exactly right. When I looked into the camera and brought that face—that Dietrich face I'd seen on movie screens thousands of times—brought it into focus, I nearly passed out. She was every bit as beautiful in that room as I'd seen her in any movie.

After I left Vogue studios, I met Babs Simpson, a wonderful woman who was very influential in my life and who helped to launch me on my own as a photographer. It was she who introduced me to Eleanore

continued on page 106

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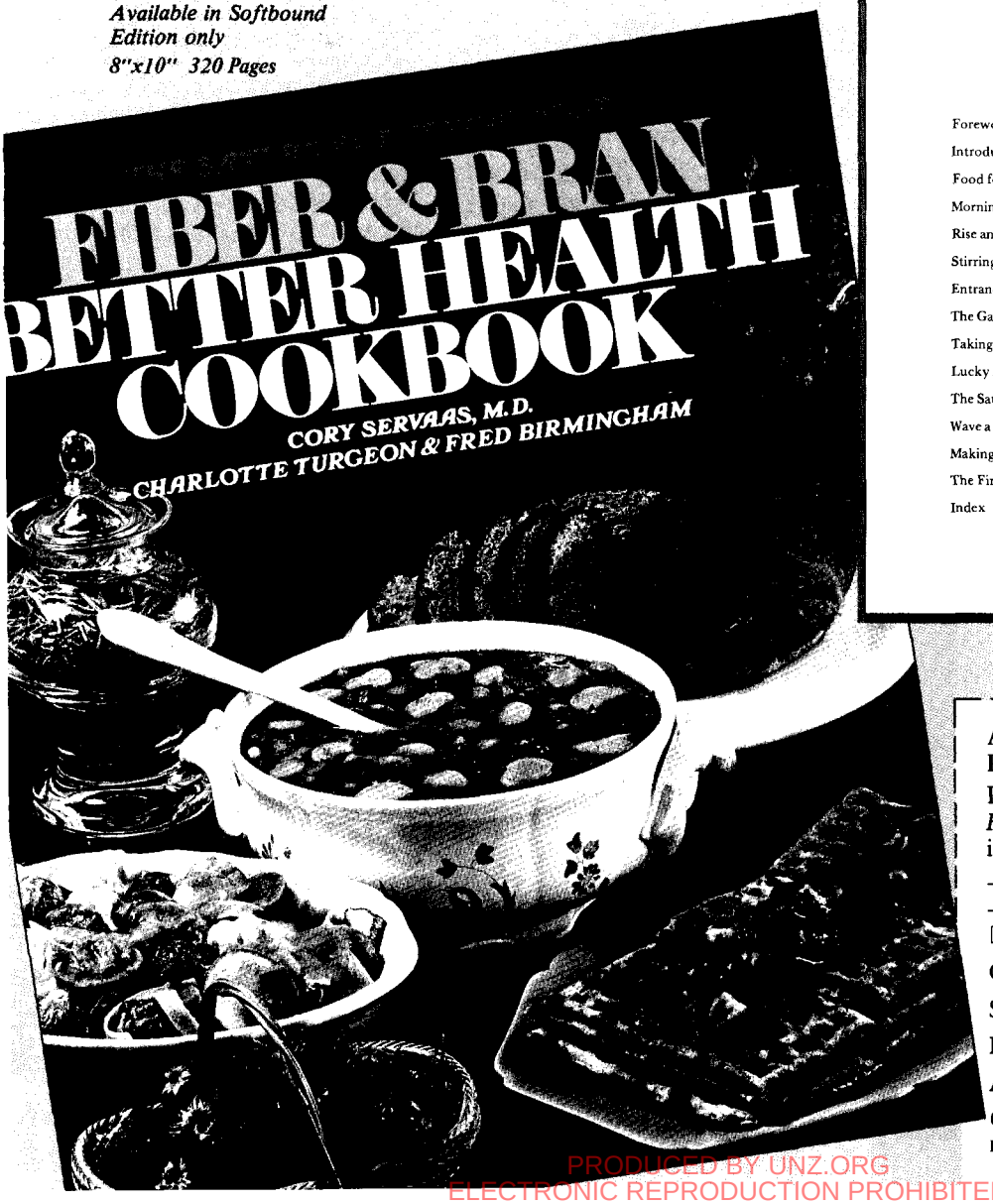

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PERENNIAL BEAUTY

Discover the wonderful opportunity for artistic expression in gardening with perennials.

by Dr. Ellen Henke

Gardening with perennials has become increasingly popular in the United States. Inspiration comes mostly from the perennial flower borders and beds of Europe, especially those of England. Americans, creating their own "garden marriages" of colors, textures, forms, and shapes, are discovering a wonderful opportunity for artistic expression when they choose to garden with perennials.

The raw materials or "paints" of the art called perennial gardening are usually plants that do not have woody stems. They grow back after each winter from persistent and hardy roots. They are relatively easy to grow if you follow a few simple rules of green thumb.

—*Position* your perennial garden where it can be viewed and enjoyed from both indoors and outdoors. Perennials are best displayed against a hedge, fence, or distant view of trees. Be sure to provide access paths for easy maintenance.

—Choose the *shape* and *style* of perennial bed or border that best suit your home landscape. The size will be determined by the space available on your property and the leisure time you have for gardening. The options are: a border, either formal or informal in design; an island bed; an alpine rock garden (a particularly good solution for a slope); or a perennial herb garden grown for fragrances and textures and special shades of green, blue, yellow, and silver (but not for flower production). A border usually defines an area, such as a walkway or the edge of a lawn. A perennial border will be most pleasing in its scale if it is one-third wider than the tallest plants, but generally it should be longer than it is wide. In contrast, an island bed of perennials is usually free-standing, and it features the tallest plants in the center and the lowest plants at the edges. Consequently, it can be maintained and viewed from all sides.

—*Plan* your perennial garden on paper or in your head, but bear in mind that a perfect perennial garden design is rarely achieved in the first year.

You will have more success with your perennial garden designs if you study catalogs and books and visit public and private gardens.

—Consider the *light* in your garden. This should be your first consideration when you design a perennial bed or a border. Most perennial gardens are featured in full sun because of the requirements of the plants displayed. However, with careful planning and selection you can garden in partial shade with perennials. Your choices, however, will be more limited than if you can garden in full sun.

—Before you start your perennial bed, consider your *soil*. It should be well drained, rich in organic material, and close to neutral pH. You can purchase home soil-test kits or take a sample to your county agricultural extension agent for recommendations. If you spend the time to dig your soil deeply and improve it, you will have good root growth—the essence of healthy garden plants.

—Consider your favorite *colors* when you plan your perennial garden. You will probably find these colors please you most and give your garden a style and flair distinctly yours.

When you choose your flower colors, try to imitate the color proportions of mother nature. In nature the

The ideal marriage in a perennial border requires an artistic sense: here hollyhock, pansy, and wisteria are matched with rose, phlox, chrysanthemum, and delphinium.

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Plants for seasonal display in the perennial garden:

April-May
Iberis, tulips, minor bulbs, primulas, *Phlox divaricata.*

May-June
Iris, poppies, columbine, peonies, *Dictamnus*, dianthuses.

June-July
Lilies, dalsies, coreopsis, rudbeckias, *Achillea*, delphiniums.

July-Aug.
Phlox, day lilies, *Platycodon*, coreopsises, veronicas, *Aster frikarti.*

Aug.-Sept.
Asters, phlox, veronicas, day lilies, *Aster frikarti*, chrysanthemums, *Helenium.*

Some perennials for partial sun (partial shade)—three to four hours direct sun each day:

Anenome japonica, aquilegia, astilbe, *Alchemilla mollis*, campanula, *Dicentra spectabilis*, digitalis, *Hemerocallis* (day lily), *Thalictrum, Platycodon*, monarda, *Iris sibirica, Hosta, Heuchera, Lysimachia.*

green tones are the unifying tones, ranging from very pale yellow green to deep blue green. Next, the pastel tones dominate, followed by the bold primary colors of red, blue, and yellow, best used as accents to the more subtle greens and pastels.

The first step is to select your "backbones." These should be tall, long-lived perennials arranged in masses or drifts. Emphasize only a few dominant colors and repeat them to give your border a pleasing unity. Where winters are mild, use evergreens as the backbones to achieve the best effect. Some of the very best backbones for a perennial bed are irises, peonies, day lilies, phlox, chrysanthemums, and asters. These backbones will each give a special color display in their own seasons and at the same time have interesting foliage for the other seasons. The next step in your design is to tie these backbones together with "binders" by planting gaps with flowering plants that have special soft textures and correspond in color to your backbones. You can use annuals for this function in your perennial garden.

—Spring is the best time to *plant* most perennials in the cooler sections of the country; fall is the best time to plant in the warmer regions. Perennials with very specific planting times (for example, many of the bulbs) are generally available only at the proper planting time. It is easier to start with plants rather than with seeds. Plant your perennials so the crown is at ground level or just a bit higher. This precaution, which keeps water from sitting in the crown, helps to prevent rotting, especially in cold weather.

—*Fertilize* your perennials with a liquid fertilizer as soon as you observe new growth in the spring. Continue to fertilize during the growing season as recommended. The new premeasured, premixed liquid fertilizers applied with a garden hose give excellent results. Stop fertilizing in midsummer in the colder regions of the country. The plants will need to harden and prepare for winter.

—*Water* during those times of the year when rainfall is scarce. Always water deeply (about two inches for most perennials). This deep watering will encourage your perennials to produce deep roots that will enable them to survive droughts more easily than shallow-rooted plants.

—*Grooming* is important for your plants and a pleasurable activity for you. As you stroll in the garden, snip off faded flowers and browned leaves. Never allow your perennials to go to seed, because the strength of your plants will be depleted.

—Perennials do live for years, but most have to be *lifted and divided* every so often to relieve crowding or to remove dead sections. Dividing will rejuvenate your perennials and restore their bloom capability. Perennials vary as to how often they should be divided. Some perennials, such as peonies and balloonflowers, do not require dividing. Some, such as asters, phlox, Shasta daisies, and *Physostegia,* should be divided every three years; others, such as chrysanthemums, should be divided every year for best blooming. The best time to divide most perennials is immediately after flowering.

The special lure of the perennial is the promise of something new to discover with each new day.

Advertisement

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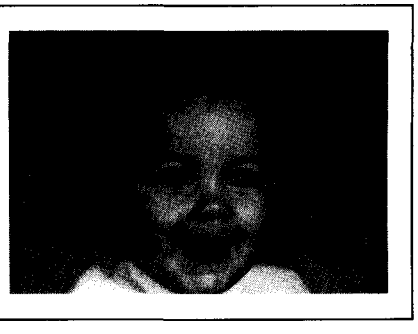
Chicago, Ill.—A free offer of special interest to those who hear but do not understand words has been announced by Beltone. A non-operating model of the smallest Beltone aid of its kind will be given absolutely free to anyone who sends for this free model now.

Send for this model, it will show you how tiny hearing help can be. It is not a real hearing aid and it's yours to keep free. The actual aid weighs less than an eighth of an ounce, and it fits completely into the ear canal.

These models are free, so we suggest you write for yours now. Again, we repeat, there is no cost, and certainly no obligation. All hearing problems are not alike and some cannot be helped by a hearing aid but many can. So, send for your free model now. Thousands have already been mailed, so be sure to send your name, address, and phone number today to Department 4887, Beltone Electronics, 4201 West Victoria Street, Chicago, Illinois 60646.

Offer not valid in California.

He maketh the barren woman to keep house, and to be a joyful mother of children. Praise ye the Lord.
-Psalm 113:9



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Make Your Own Hi

and High-Lysine Vegetable Soup .

The Rockefeller Foundation holds lysine in such high regard it sent Dr. Norm Borlaug, who won a Nobel prize for his work on short-stemmed wheat, on a tour of South America to evangelize the farmers about planting high-lysine seed corn to provide better nutrition for the poor and especially the growing children.

We need not leave North America, however, to appreciate the efficacy of high-lysine corn. The skeptical have only to come to Eddyville, Iowa, where a Japanese- and French-owned plant produces thousands of tons of lysine a year for U.S. and Canadian farmers to enhance the diet of their poultry and swine. (Cattle, with their extra stomachs, don't need the nutritional boost, as they can manufacture their own lysine.) Although humans have as great a need for lysine as poultry and swine do, does the diet of the typical American have as much lysine in it as that of the typical pig or chicken?

High-lysine popcorn isn't yet grown commercially, but not to worry—just shake lysine onto regular popcorn. The texture's like salt. You might even think it tastes salty.

Why is the human classified with the pigs and chickens when it comes to the need for lysine? Because humans, pigs, and chickens must rely upon their diet to supply this essential amino acid. Why so important? Because lysine is one of the amino acids necessary for growth and for the repair of body tissues, and it cannot be synthesized by the body.

Lysine is such an important amino acid, because without it, many of the other amino acids we consume in our food cannot be utilized. Protein is lost for want of lysine, and without sufficient lysine, the body's immune mechanism can't function well.

Why do we encourage the substitution of a shaker filled with lysine crystals rather than salt? Because in America's "refined" diet, with its love affair with sodium and fatty foods, we have become vulnerable to hardening of the arteries and its lethal consequences of high blood pressure, the insidious affliction that can lead to kidney failure, stroke, and heart disease.

Why not kill two birds with one stone by using lysine instead of salt whenever possible?

Your Society is making the two-ounce shaker available for convenience in "salting" your popcorn, soups, salad dressings, and so on with healthful lysine rather than the killer sodium. We are also providing a couple of recipes to prove that lysine will enhance rather than harm the flavor of your favorite foods.

A lysine-deficient die stymies children's im mune systems. As i AIDS, these young sters die from any dis ease they contract. High lysine corn is a boon to th Latin American poor.

In return for making the lysine shaker available for your table, we would appreciate a contribution, in any amount, to help our nonprofit Society research the cause, prevention, and possible cure of today's most alarming threats to your health and the health of your loved ones.

Won't you join us?

Protein-enrich salads and vegetable dishes by shaking on lysine.

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gh-Lysine Popcorn
and High-Lysine Salad Dressing

Cheese-and-Spinach Turnover
(Makes 6 servings)

1 package active dry yeast
1 cup warm water
1 teaspoon lysine crystals
¼ teaspoon salt, if desired
2 tablespoons cooking oil
1½ cups whole-wheat flour
½ cup barley flour (if not available use rye or buckwheat flour)
1 cup all-purpose flour
1 cup shredded farmer cheese
1 medium tomato, chopped
2 cups finely chopped spinach
¼ cup minced onion
1 teaspoon basil

Soften yeast in water until dissolved. Add lysine crystals, salt, and cooking oil. Stir in flours until well-mixed. Knead 5 to 10 minutes or until smooth. Combine remaining ingredients and set the mixture aside.

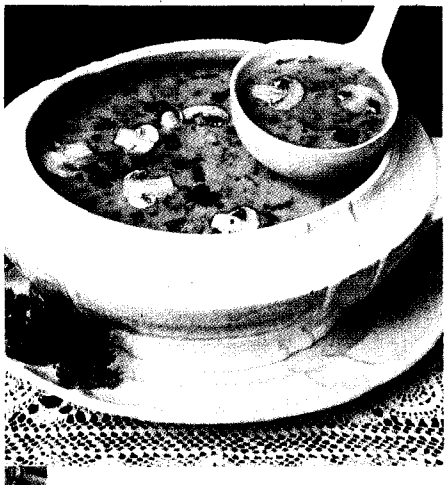
Divide dough into 6 portions and roll each into 8″ circle. Place a sixth of filling on each circle. Bring edges to center and pinch to seal; make steam vents on top of each turnover with fork. Place turnovers on baking sheet sprayed with vegetable coating. Bake in preheated 400° F. oven until golden brown (about 20 minutes).

Enchiladas
(Makes 8 servings)

1 clove garlic, finely minced
⅓ cup chopped green pepper
1 can (16 oz.) low-sodium whole tomatoes
2 teaspoons instant beef bouillon
1½ teaspoons chili powder
½ teaspoon cumin
2 teaspoons lysine crystals
¼ teaspoon pepper
3 drops hot-pepper sauce
8 corn tortillas
1 can (16 oz.) refried beans
1½ cups shredded Monterey Jack cheese
1 small onion, finely chopped

Combine garlic, green pepper, tomatoes, bouillon, chili powder, cumin, lysine crystals, pepper, and hot-pepper sauce in a small saucepan. Simmer until flavors are blended and sauce thickens (about 40 to 50 minutes).

Spread each corn tortilla with refried beans. Sprinkle with 2 tablespoons each of cheese and onion. Roll tortillas and place seam side down in a 8″x12″ baking dish. Top with sauce and 1 cup cheese. Bake in preheated 350° F. oven until heated through (about 15 to 20 minutes).



A tablespoon of lysine in 2 quarts of soup is a great protein boost.

The Saturday Evening Post Society
P.O. Box 567 • Indianapolis, IN • 46206

Yes, I want to add healthful Crystalline Lysine to my diet. Please send me a 2-ounce shakerful. I am enclosing a tax-deductible contribution to medical research for: ☐ Cancer prevention ☐ Heart disease

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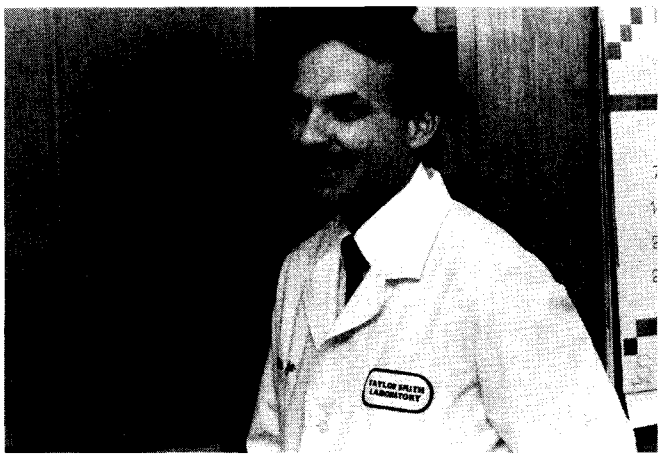
MEDICAL MAILBOX

by Cory SerVaas M.D.

"There are no such things as incurable, there are only things for which man has not found a cure."—*Simon Baruch*

Anticancer Genes

There is some good news from the cancer laboratories: the discovery that a missing gene causes retinoblastoma will soon have a profound effect on little children whose eyes may be saved. . .and whose lives may be saved by early detection. The dramatic breakthrough has spurred researchers into investigating genes for many other cancers that have long been known to run in families.



A modern-day hero, Dr. Thaddeus Dryja of the Massachusetts Eye and Ear Infirmary hit a grand slam by discovering the retinoblastoma "anticancer" gene. Critics argued his "needle in a haystack" search wouldn't work—but it did! Thanks to his optimism, there is a new excitement in cancer laboratories world-wide in the search for other anticancer genes.

Drs. Thaddeus Dryja, Stephen Friend, and Robert Weinberg, who discovered the missing retinoblastoma gene on the 13th chromosome, were surprised to find that, unlike oncogenes, this gene causes cancer not by its presence, but by its absence or its inability to function.

Hereditary retinoblastoma is a cancer of the retina that strikes approximately 50 percent of children who have a parent who lacks this anticancer gene.

At one time retinoblastoma was a uniformly fatal disease, and there was not a very lengthy life expectancy after retinoblastoma was detected.

Mrs. Karen Hodge found out about this condition when her one-year-old son, Joseph, became blind. Joseph's retinoblastoma cost him his vision but not his life.

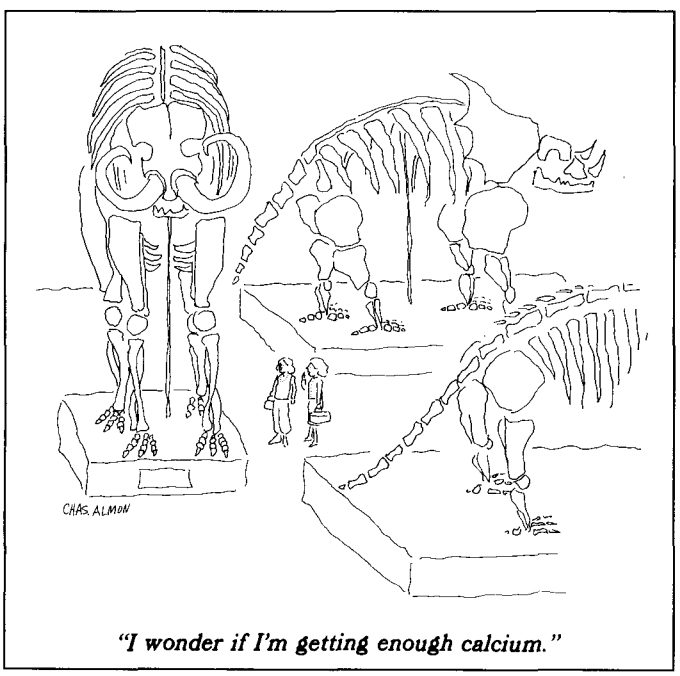
Mrs. Hodge described the onset of Joseph's condition:

"Before, he was more of a slow- or lazy-baby type. And the pediatrician really wasn't concerned as far as that goes. Then I noticed he had problems when he was crawling—he'd even run into the wall, or when he'd turn to go into our playroom, he'd run into the side of the door casing. When I was doing dishes, he would run into the cupboard head-on, not knowing when to stop.

"Then we went to a strange house, his aunt's house. We had a birthday party, and he ran into chairs. He ran into her washer and dryer, and it was more of a bull-in-a-china-closet thing, you know—he would just hit them head-on. Now that he's had his eyes out, he's not that way. He slaps his hand when he crawls, and he senses things.

"But Joseph is coping really well with it," she continued, smiling optimistically. "Like we tell everybody, it's not the eyes we love, it's the baby. He hasn't slowed down and is still trying to walk. He shows no fear whatsoever. Last night he got so tickled when he fell over backwards—and I thought he would cry, but he lay there and turned over and got on his hands and knees and got right back up, so you know he hasn't developed any fear yet."

We spoke with Dr. Thaddeus Dryja at the Massachusetts Eye and Ear Infirmary in Boston, where the breakthrough on retinoblastoma was made. He told us how the discovery of the missing gene on the 13th chromosome would now make it possible for the children who have inherited this chromosome with this missing or inactive gene to be identified by enabling doctors throughout the country to send blood samples to the Boston laboratory. Dr. Dryja explained that the chromosomes and their genes in the blood cells will survive mailing by overnight or 24-hour methods, which are available from most areas.



"I wonder if I'm getting enough calcium."

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MAJOR ADVANCE IN LAXATIVE SCIENCE

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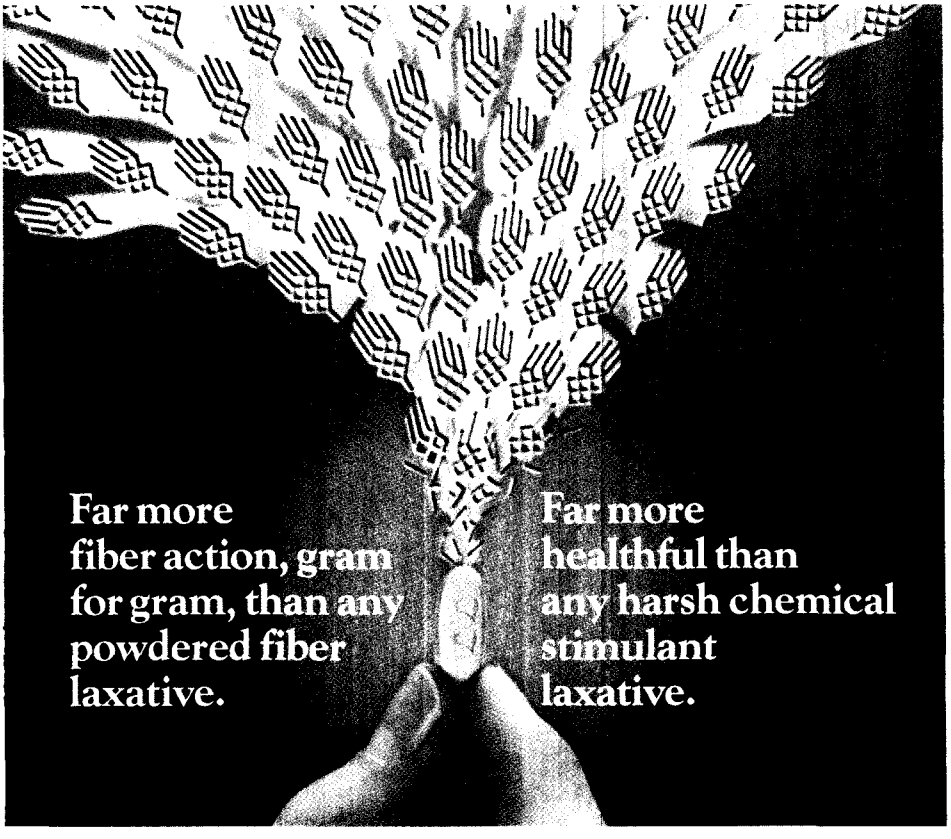
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Far more healthful than any harsh chemical stimulant laxative.

Change your thinking about laxatives. Because, today, laxative science has developed a new way for you to enjoy healthy regularity and good digestive health. FiberCon tablets are here.

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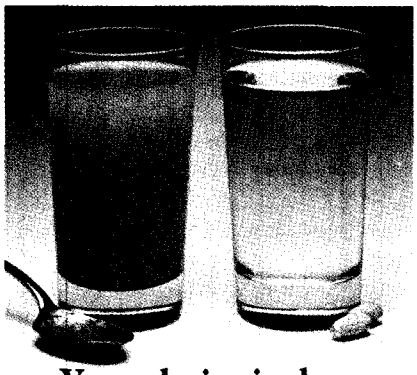
Do *not* expect FiberCon to rush you back to regularity. Your digestive system was never meant to work that way.

Instead, FiberCon has a wholesome ability to unite with your body's natural digestive fluids. To gently add bulk, to gently soften, to gently coax your natural digestive rhythms to return. Within a normal timespan.

Fiber action without fiber mess.

No measuring. No mixing. No thick liquids to drink.

You simply take FiberCon tablets with water or your favorite beverage. Take them at home, at work, at a restaurant—anywhere that's convenient for you.



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Two FiberCon tablets give you all the benefits of a whole glassful of powdered fiber laxative.

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NEW
Bulk-Forming Fiber Laxative
FiberCon
Fiber Action Concentrated in a Tablet
Natural Action of Fiber for Healthy Regularity

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This is important because, for children at risk, catching the disease early requires an examination every three months, and until the child is four years old, the ophthalmologist must use a general anesthetic to do the exam. Can't you imagine the relief parents would have knowing that the child who had to be considered at risk could now be told "no more tests"?

If Joseph has the hereditary form of retinoblastoma, his brother, three-year-old Brian, and any new children born to the Hodge family will be at risk for retinoblastoma.

"If a child does *not* inherit the bad chromosome from the father or the mother who had the history of hereditary retinoblastoma, then he is scot-free. There is no need to worry about it further," Dr. Dryja says.

Frequent testing of children who *do* have the missing anticancer gene is important because if retinoblastoma is found when little white spots first appear on the retina, the eye *might* be saved.

This same anticancer gene that protects against retinoblastoma may also protect against other cancers. As a matter of fact, children with the missing gene who survive their early retinoblastoma are known to have a high incidence of bone cancer, osteosarcoma. Perhaps there are other anticancer genes that are the reason breast and colon cancers run in some families and don't occur in others.

We spoke with little Joseph's pediatric ophthalmologic surgeon, Dr. Gene Helveston, who, with his colleague at Indiana University, treats most of the retinoblastoma patients in Indiana. They have treated 74 patients in the past 19 years with a very high survival rate of 96 percent.

"Our philosophy has been 'save the child first, and then save the sight,' " he says.

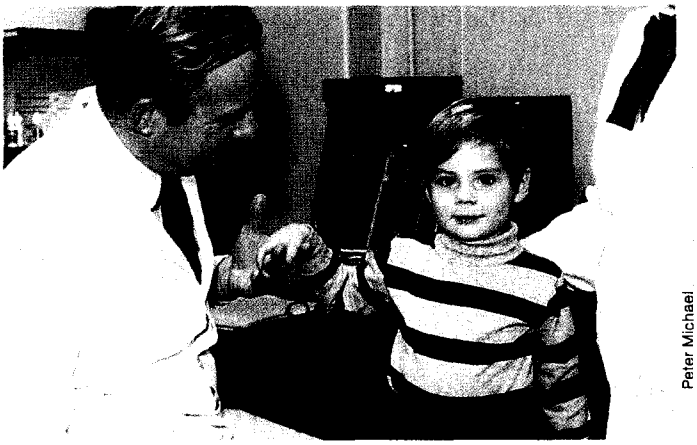
Because most cases of retinoblastoma happen in families in which there is no known affliction in the parents, we asked Dr. Helveston how parents could possibly be on the alert for early signs of vision loss in one or both eyes.

He explained that a six-month-old child has about 20/80 or 20/100 vision. What a six-month-old child is required to see is his mother's face, his bottle, his fingers, and a few things around his immediate environment. It's very difficult if you're not suspecting a significant vision problem in a young child.

He told us that a parent might use a flashlight to direct a bright light into the eye to make sure the baby's eye has a red reflex. If instead of turning red, the pupil looks gray or yellow, there is a problem. Doctors call this yellow or gray look the "cat's eye" reflex. Unfortunately, the reflex change doesn't occur until the tumor mass covers a sub-

Peter Michael

Dr. Gene Helveston, the pediatric ophthalmologist who performed the surgery on the baby Joseph Hodges, explains: "Our philosophy has been 'save the child first and then save the sight.' " Joseph's mother, Karen, agrees. "It's not the eyes that we love, it's the baby." In underdeveloped countries, retinoblastoma is a fatal form of childhood cancer. Dr. Helveston has had a 96 percent survival rate in a series of 74 patients.



Peter Michael

Joseph's brother Brian's eyes show no evidence of retinoblastoma. Until now, ophthalmologists have had to check young children at risk for this cancer every three months. To thoroughly examine eyes of toddlers under four years of age, it is necessary to administer general anesthesia. As of this summer, blood samples can be sent to the Massachusetts Eye and Ear Infirmary in Boston to identify children with the missing gene and eliminate the need for frequent anesthetic and further testing for the nearly 50 percent who will have the protective "anticancer" gene.

"We'll be using a local anesthetic—made right here in the city."

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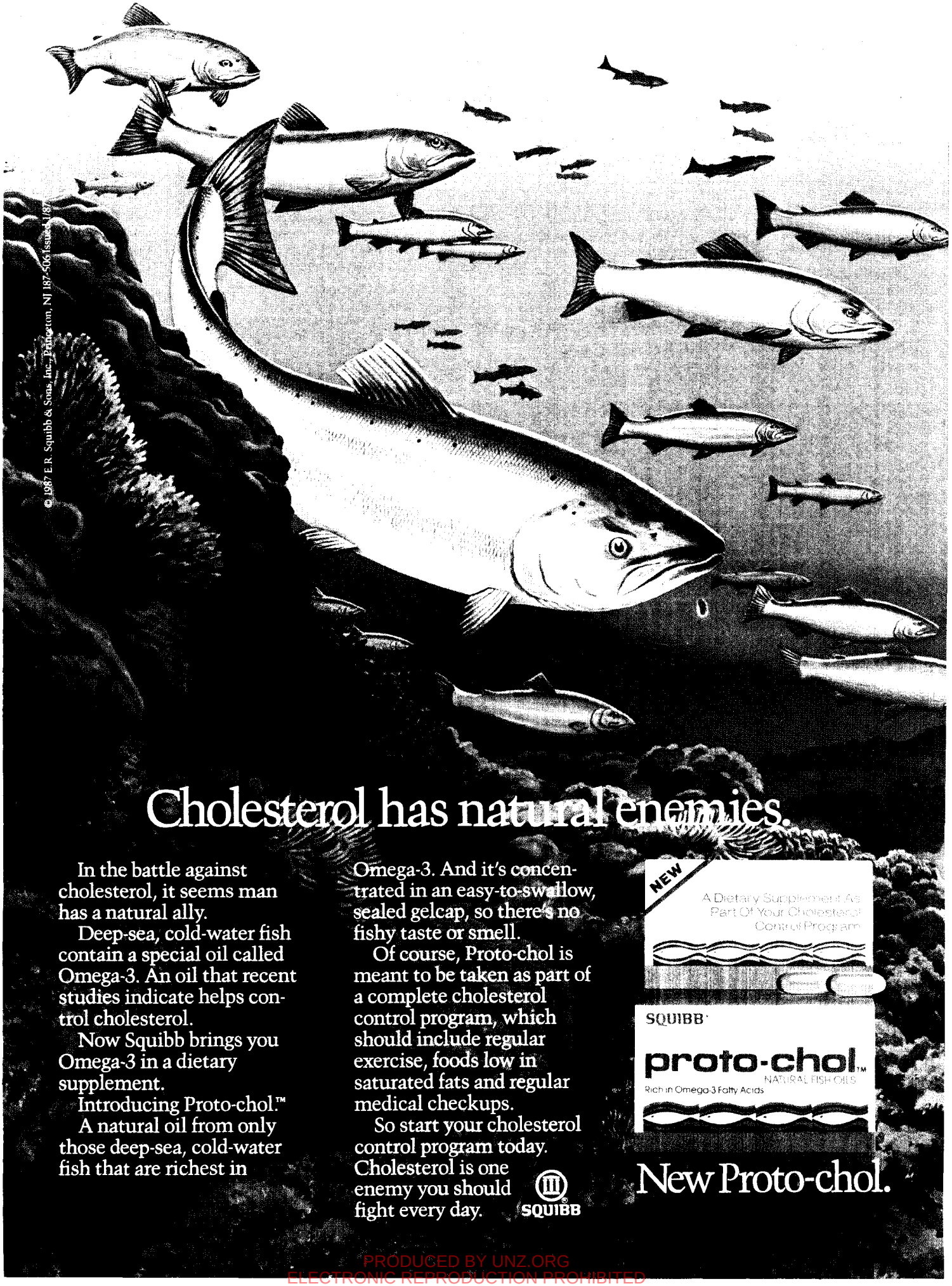
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Cholesterol has natural enemies.
In the battle against cholesterol, it seems man has a natural ally.
Deep-sea, cold-water fish contain a special oil called Omega-3. An oil that recent studies indicate helps control cholesterol.
Now Squibb brings you Omega-3 in a dietary supplement.
Introducing Proto-chol.™
A natural oil from only those deep-sea, cold-water fish that are richest in Omega-3. And it's concentrated in an easy-to-swallow, sealed gelcap, so there's no fishy taste or smell.
Of course, Proto-chol is meant to be taken as part of a complete cholesterol control program, which should include regular exercise, foods low in saturated fats and regular medical checkups.
So start your cholesterol control program today. Cholesterol is one enemy you should fight every day.
SQUIBB
NEW
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stantial portion of the retina.

Dr. Helveston says, "The important thing for vision testing in a one- or two-year-old is first to make sure that the eyes are straight and looking at objects at the same time, and second to make sure the acuity of the two eyes is equal. It's not so important that they have 20/20 or 20/30 vision. The bottom line is not that the vision is at a certain level, but that it is equal." He suggested covering one eye and seeing how far away the child can examine a one-inch picture from a magazine and then covering the other eye and seeing if the child can recognize it just as well. For example, a two-year-old might be expected to recognize a picture an inch tall at a 12-foot distance.

Dr. Helveston stresses that because of the nature of children's eye problems, they need a special examination by an ophthalmologist, an M.D. eye doctor. "The eyes of children under five, six, or seven years old are such that their eye examination should be conducted by a medical eye doctor, because the things that go wrong—cancer, glaucoma, ocular muscle abnormalities, and cataracts—are the kinds of things that require specialized diagnostic skills and specialized care."

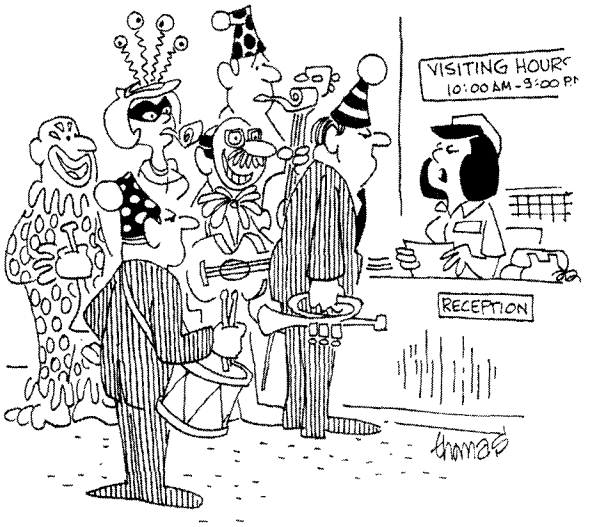
Even if all the home tests discussed here give normal results, if you are still worried about your child's eyes, a visit to an ophthalmologist is certainly in order, if for nothing else than peace of mind.

If you are interested in additional testing of children's eyes and an eye chart, please write to: *SatEvePost,* P.O. Box 567, Indianapolis, IN 46206.

Smoke from the Exhaust

I'm fighting for my life. Help me! I'm a widow, living alone in a retiree apartment. I love my apartment and have spent hundreds of dollars getting settled, as I'm in a wheelchair (arthritis) and have other physical torments.

These apartments all have their exhausts (kitchen and bathroom) on one long duct with an exhaust on the roof—we do not control them. Consequently, the cigarette, pipe, and cigar smoke from the apartment next to mine gets into my apartment. I'm extremely sensitive to smoke from tobacco, and my nose bleeds from the irritation.



"I'm afraid not."

I've gone to the administrators about it, and they're refusing to do anything about it. They asked me to prove that secondhand smoke is harmful and dangerous. I've read several articles by doctors that it is, but I don't have them now.

***Please, please,* if you can send me any authorized proof of this it might convince them to do something to help me.**

I cannot take any more suffering and am unable to move because of my condition. I beg you to send me some data to verify my contention and prove that this smoke is destroying me.

I'd be so grateful. I'm fighting desperately to live in peace and have some measure of freedom from physical suffering in addition to difficulties from my present illness.

Helen Keenor
Mountain Home, Arkansas

You are right in attempting to avoid having to breathe tobacco fumes from the apartment next door. Many people are allergic to secondhand smoke, and the evidence is coming in that secondhand smoke can cause illness and cancer. To obtain copies of articles about this, you might write to the Surgeon General's office for his complete report on secondhand smoke. His address is: Dr. C. Everett Koop, Surgeon General, U.S. Public Health Service, 716G Hubert H. Humphrey Building, 200 Independence Avenue, S.W., Washington, D.C. 20201. I feel sure this would be the very best source of current information on this problem. Another source of information is John Banzhaf, A.S.H., 2013 H. St., NW, Washington, D.C. 20006.

I suppose you might try calling the Arkansas State Board of Health. We're sending you our scientific evidence about secondhand smoke. We hope your problem will be resolved soon.

Painful Breasts

I am in my 20s and I have very sharp pains going through my breasts. I told my doctors about it. They only said don't worry about it. I asked for X-ray and they refused it. What can I do? ***Margaret Fuller***
Woodland, California

Do you drink a lot of caffeinated beverages? Sometimes painful fibrocystic disease can be eliminated by simply removing all caffeine from the diet. My former secretary, Mary Lou Waldren, was relieved of her painful "lumpy" breasts by taking 600 units of vitamin E per day and eliminating all caffeine. She has been free of the painful lumps for more than ten years by following this regimen. She drinks no coffee, tea, or caffeinated soft drinks and eats no chocolate. We would like to hear how you are able to alleviate your pain.

Emphysema Videotape Available

The article by your brother, Admiral Synhorst, was the first I have ever seen on emphysema in a monthly magazine. I also have this dreaded disease and have been on liquid oxygen for 19 months. I do get out with my portable at times.

Is there a lay person's book on the disease and its progression? I think I am more afraid of the unknown; my doctor is excellent but does not answer all questions. I am

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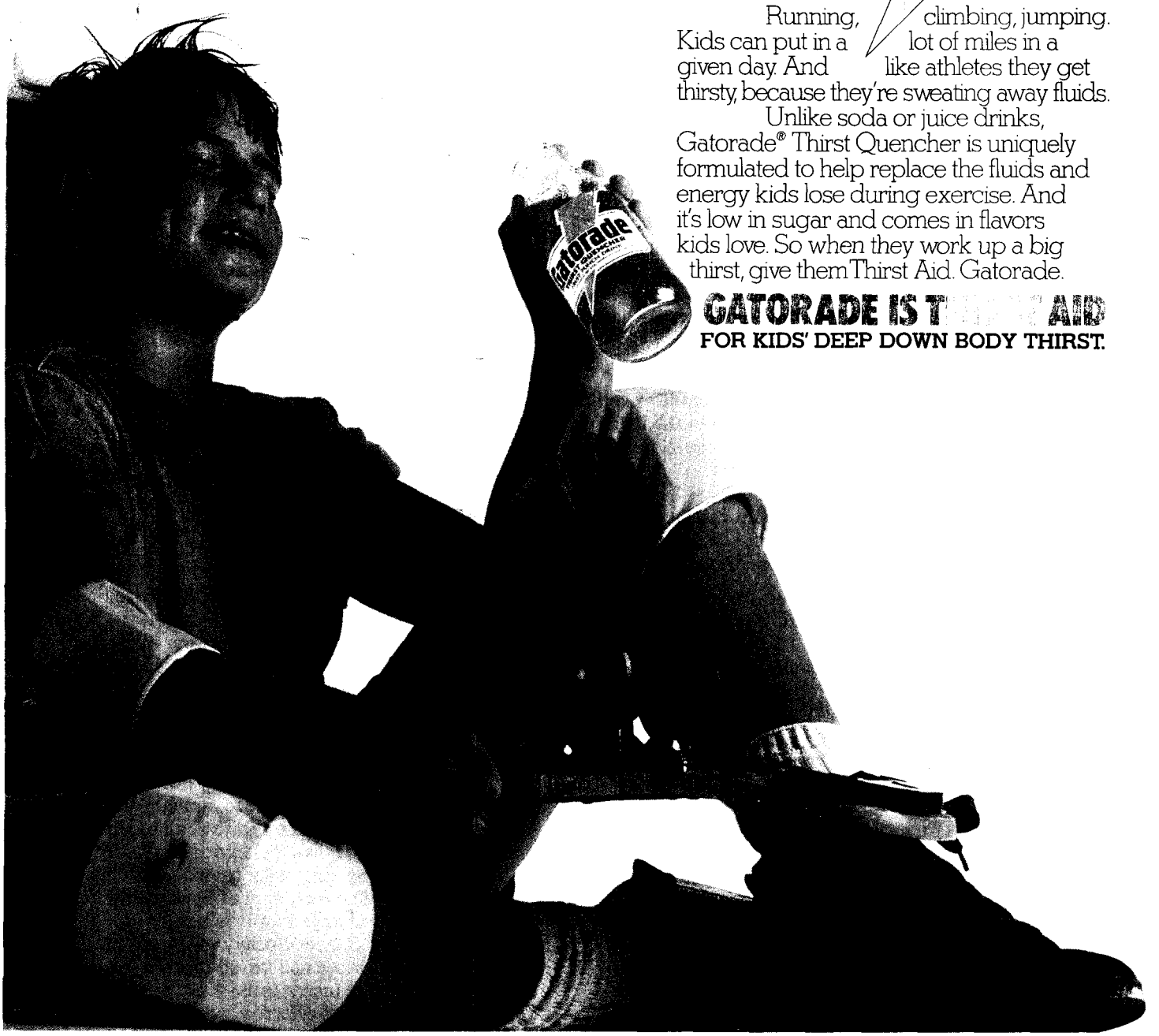

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FOR KIDS' DEEP DOWN BODY THIRST.

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The gynecologist Dr. Norman Dahm demonstrates colposcopy. After a positive Pap smear, a stained cervix is viewed through the speculum with magnifying glasses; a camera is used to record. (Right) Dr. Dahm used a green filter to demonstrate the human papillomaviruses on this cervix.

on steroids and have recently had several months of colitis and stomach distress. I was most interested in the letter to the editor about calcium and think this could have aggravated the problem.

I am really writing for the colitis diet.

I also would like to know more about calcium.

Martha Ann Selm
Stone Harbor, New Jersey

The Colitis Club diets and *Post* articles on calcium and emphysema are being mailed to you. The Society has made a videocassette about emphysema that can be purchased or rented for a small fee (P.O. Box 567, Indpls., IN 46206).

A Sexually Transmitted Cancer Virus

We spoke to pathologist Dr. Gerard Nuovo at Columbia University, who told us that their research has shown overwhelming evidence that papillomaviruses 16 and 18 cause cervical cancer. He told us that papillomaviruses 6 and 11 behave very differently and do not go on to become cancerous lesions. He has been working in the Columbia University laboratory of Dr. Ralph Richart, whose innovative work has led us to recognize cervical cancer as a sexually transmitted cancer.

We visited Dr. Norman Dahm, a gynecologist who treats papillomaviruses and cervical cancer. He reported one case history of a girl who had gone from a negative Pap smear to a full-blown, advanced stage-3 cancer of the cervix in nine months.

He said, "The American Cancer Society guidelines should be stiffened, because a patient can go from a negative Pap smear to invasive cancer in less than a year. This information that Dr. Richart and his colleagues have gathered through studying human papillomaviruses has tremendous value.

"This human papillomavirus is probably the first true oncogenic virus or cocarcinogen that we've been able to study. And because of it, patients right now have a much shorter transit time—that is, they can go from a negative Pap smear to cancer of the cervix in a very short period of time. It doesn't take 20 years. We can't tell patients that anymore.

"At this time, because we're seeing so many patients at a young age and because sexual activity is started at such a young age, it's even more important to do Pap smears on these young women. Often the mother will say, 'When should my daughter have the Pap smear?' Every patient should have a Pap smear as soon as they become sexually active. If a patient has two negative Pap smears, it does not mean she doesn't need a Pap smear every year."

Since Dr. George Papanicolaou developed the Pap smear in 1947, the annual death rate from cervical cancer has been cut in half. This reduction came quickly, because we were able to Pap smear about 75 percent of our women.

Dr. Dahm explained, "Then the American Cancer Society changed its guidelines to read: 'For the average risk person, a Pap test is recommended annually until two consecutive satisfactory tests are negative, and then once every three years.' The American College of OB/GYN protested that this was wrong and held to the yearly Pap smear recommendation. The Academy of Family Physicians also disagreed with the change in guidelines.

"The American Cancer Society evidently put this into effect when studies seemed to show that yearly testing didn't find enough cancers to be 'cost effective.' I don't like the expression 'cost effective' when human lives could be saved. Today more than ever, it is felt that the three-year interval for Pap smears is downright dangerous."

We know that in countries where females become sexually active at an early age, cervical cancer also begins to appear at a younger age. It used to be a disease that began in women in their 30s and 40s. Now physicians are beginning to see women in their 20s with cervical cancer.

"The problem is we're seeing younger and younger women with dysplasia, or abnormal cells of the cervix," Dr. Dahm said. "We've got to get those women to the doctor to have colposcopy and cryotherapy or laser treatment to prevent them from getting cancer and dying from it.

"If a patient has a positive Pap smear, she comes back to the office and undergoes a simple colposcopy procedure consisting of a speculum examination.

"If you continue to eat and drink, you won't be merry."

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"Colposcopy is done simply with a magnifying glass with a camera," Dr. Dahm said. "You visualize the cervix with the binocular-like magnifying glass and take a picture of it through the speculum. It is no more uncomfortable than a Pap smear.

"We put some vinegar—3 percent acetic acid—on the cervix and look at the cervix right through the speculum, and we see the lesion very easily. Years ago everybody went to the hospital and had what was called a cone biopsy. Now this usually saves that step. The cone biopsy is only done if we find a lesion that we can't visualize with the colposcope, such as one high up in the cervix, or if the lesion is not totally visible.

"If the telltale human papillomavirus is there, the majority of such lesions can be treated by simple cryotherapy—freezing with nitrous oxide. It's an office procedure that takes only a minute. You get an excellent cure rate, just as well as with laser and a lot less expensively. Laser is an excellent form of therapy when indicated; however, it is more expensive and it's a hospital procedure.

"We try to get women to come in often, and if they're at high risk, every six months isn't too often. If their husbands are giving them papillomaviruses, you have to get their husbands treated. I tell these women to check the penis with a magnifying glass. If they see even tiny condylomatous warts anywhere, the husband can be treated just as simply with freezing or with laser. The urologist would also stain the penis with acetic acid, or vinegar."

It is estimated that there will be 12,800 *new* cases of cervical cancer in 1987 and that 6,800 women will die from cervical cancer this year. No one who obtains a yearly Pap smear needs to die from cervical cancer.

Paralyzed by Anesthetic

Dear Dr. SerVaas:

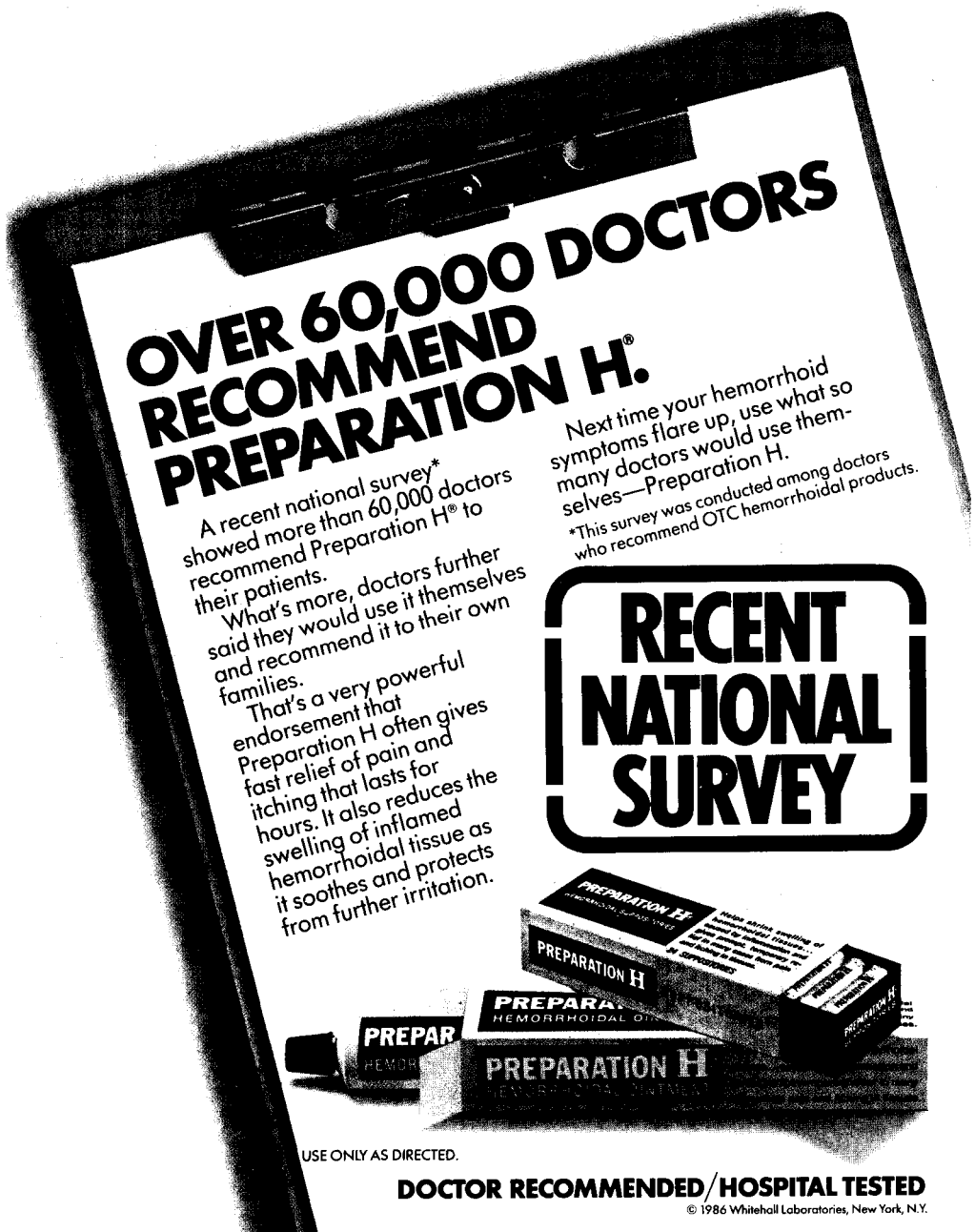
On August 27, 1985, I entered the hospital for a cataract operation. I alerted three doctors that I had had a previous problem with an anesthetic, but at the time I didn't know what had caused it.

In the process of the anesthetic, they gave me succinylcholine chloride (or Anectine). It paralyzed me completely for nine hours and took me three hours longer to come back fully. I could hear all that went on around me and feel everything they did to me, but I could move nothing nor could I speak. It was really a terrible experience. After they had administered this medication and realized the condition I was in, they searched past records and found that 20 years before I had had the same reaction to the same drug. Although I had had seven operations, this reaction only surfaced with these two. I heard reports that I died on the table the first time and almost did the second time.

During this time I was on a respirator and was given much medication. Although the operation itself was to be one day, I was in the hospital 13 days.

After this the doctors told me that my children should be tested for this. When one turned out as bad as myself—0.5 or .05, I am not sure which—and one was borderline—1.9, they decided that the grandchildren should also be tested. Four were tested and three were not. Two of the four were borderline, 1.8 and 1.9. After this they decided that other members of the family should at least be alerted. I have found that one of my nieces is also borderline. My son and I have to wear necklaces. I seemingly do not have apparent damage.

One of my relatives gave me articles from your magazine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A recent national survey* showed more than 60,000 doctors recommend Preparation H® to their patients.
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That's a very powerful endorsement that Preparation H often gives fast relief of pain and itching that lasts for hours. It also reduces the swelling of inflamed hemorrhoidal tissue as it soothes and protects from further irritation.
Next time your hemorrhoid symptoms flare up, use what so many doctors would use themselves—Preparation H.
*This survey was conducted among doctors who recommend OTC hemorrhoidal products.
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concerning malignant hyperthermia, which certainly must be what I had, although the doctors are vague about it. As you may know, I am most interested in anything I can learn about this. One article spoke of a Malignant Hyperthermia Association of the United States and said that it published a brochure every two months concerning this condition. I am most anxious to contact this association. Can you furnish me with the address and any information you may have on hand?

The doctors and nurses said that they had learned about this condition in school but had never seen it before.

Ellen Blair
Bellefontaine, Ohio

The address is: Malignant Hyperthermia Association, P.O. Box 3231, Darien, CT 06820.

Prevent Dehydration

Dear Dr. SerVaas:

Please tell your readers who are summer athletes to drink plenty of water. In summer, when athletes or youngsters play hard, they sweat all day long. The sweat glands continue to make perspiration, and this liquid is excreted through the skin in ever-increasing quantities.

All our body cells work based on a normal relationship, sodium to potassium to chloride. If the balance is upset, some of these cells don't work normally. When too much water and electrolytes are lost through perspiration, there is a risk that the body will react with pain, palpitations, cramps, even unconsciousness.

There are several drinks that are better than water for dealing with these problems. They are formulated to replace the lost salts (sodium chloride and potassium chloride), water, and calories that are lost during excessive perspiration. In dehydration, it is important that sweat be replaced with electrolyte solutions and not just water. Using only water causes the chemicals remaining to be diluted and therefore even less effective in maintaining normalcy.

Jack Johnson
Former coach and physiology teacher
Phoenix, Arizona

Dear Female Readers and Members:

If you aren't having a Pap smear yearly, please read the article beginning on page 104 and get a Pap smear.

We know that there are 28.3% of you who haven't had one at all. Responses to our Cancer Prevention Survey show that of 11,729 female members, only 50.3% of you have a Pap smear yearly. An additional 21.4% have one every two years. But there are 3,326 of you who haven't had one. *We wrote the article for you.* You represent 28.3% of our female readers, and we don't want to lose a single one of you to cervical cancer.

"No more posing, Howard—you've already captured all of my moods."

Scavullo

continued from page 92

Hillebrand, a friend of hers who had become the fashion editor of a new magazine called *Seventeen*. They needed a photographer. Babs had recommended me very highly.

The model for my test-run cover at *Seventeen* was a girl named Jackie Mitchell, and the issue's theme was "Boy Meets Girl." We put Jackie and the boy who would be on the cover in bright yellow slickers; I put a sheet of glass in front of the camera and sprayed water on it, gave them an umbrella, and tilted the camera. It looked as if they were walking to the movies on a rainy day. Everyone at *Seventeen* liked the cover! Within a month I was given a contract.

I was finally launched—I was working for myself at last. I worked like a demon for *Seventeen*. I was sent all over the world to do shots in Machu Picchu, in Africa at the pyramids, in Australia—it was marvelous. I remember one trip to Africa I took with Rosemary McMurtry, Eleanore Hillebrand's successor as fashion editor. She got a telegram and came to me white-faced: "My God, they've changed the issue to 'See America First'! We're supposed to make this look like America!" All those beautiful blacks walking around in colorful turbans, and I was supposed to make it look like the Grand Canyon or Oshkosh, Wisconsin? I was learning about the magazine business.

It was about this time that I started to use tungsten lights in the studio. I wasn't crazy about using them, but they helped when the natural light wasn't good, as on gray days. On days when the sky was steel gray, the light made the studio look like the inside of a well—I often wished I'd built the studio on the roof, not in the backyard.

Then, during one particular sitting, I discovered a solution. I was using a deck chair I had lacquered white, and I'd gotten a white umbrella from Uncle Sam (a company that manufactured them), which I clamped onto the back of the chair. The girl lay in the deck chair, covered by the umbrella. I experimented by putting the spotlight through the umbrella, and suddenly the girl looked marvelous! It was the most beautiful indoor lighting I'd found—as close to daylight as I could get without using the real thing. I began ordering a lot of white umbrellas from Uncle Sam, Inc.

I continued to innovate with my "umbrella effect" in lighting. I also used what I call barn doors: surrounding the model, top and sides, with pieces of cardboard, which allowed the light to pinpoint her face directly rather than hit her from above or from the sides. In this I was inspired by what Dietrich had done in her sitting with Horst. She used her

continued on following page

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Now, with Attends, you get our best protecting brief and the best protecting undergarment. To find out which product is right for you, call us at 1-800-4-ATTENDS.

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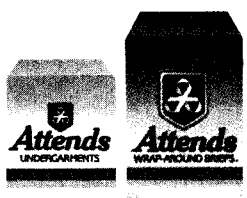

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hands to check if any light was leaking from the sides—light that would fill in and cover up the cheekbones that gave her face its extraordinary definition. My pictures became famous for their lighting in the 1950s and '60s.

The '60s were fantastic. I met Andy Warhol when he had his Factory on 47th Street. We went to parties there. Everything was silver—silver balloons, Mylar pillows, the ceilings were covered in Mylar—and Andy filmed everything that went on.

The 1970s and now the 1980s have meant exciting new discoveries. Every moment of every decade I've lived through has brought me new discoveries, and whether I'm doing *Bazaar* or *Vogue* or *Time*, I find that I can enter whatever sensibility is required—I've learned to see things from widely different angles. I'm as excited by photography now as I was when I first saw Garbo on the screen. ✖

Berries

continued from page 22

oatmeal. Microwave at High until mixture is lightly toasted, 2-3 minutes. Spoon fruit mixture into 8" round baking dish. Sprinkle gingersnap mixture over top. Microwave at High until heated through, 5-6 minutes. Serve at warm temperature.

Conventional preparation: Reduce apple juice to ½ cup. Combine filling ingredients and omit first cooking step. Cover filling with crumb mixture and bake in preheated 350° F. oven until fruit is tender, 35-45 minutes.

Blackberry Bread Ring
(Makes 1 ring)

1½ cups whole-wheat flour
½ teaspoon salt
½ teaspoon soda
2 teaspoons cinnamon
¾ cup packed brown sugar
½ cup vegetable oil
2 eggs
1 teaspoon vanilla
½ cup chopped nuts
1 cup crushed blackberries (fresh or frozen)
2 tablespoons graham-cracker crumbs

Combine first 5 ingredients. Stir in oil, eggs, and vanilla just until dry ingredients are moistened. Fold in nuts and berries. Lightly coat 6-cup ring dish with vegetable spray. Sprinkle with graham-cracker crumbs. Spoon batter into dish; cover with wax paper. Microwave at Medium (50%) 10 minutes; rotate dish once. Microwave at High (100%) until no longer doughy (2-3 minutes).

Conventional preparation: Bake in preheated 350° F. oven until tender, 45-50 minutes.

Sorbet Sno Balls
(Makes 6 servings)

2 pints raspberries
2 egg whites
¼ cup sugar
1 teaspoon vanilla
½ teaspoon almond extract
1 cup plain yogurt
½ cup chopped nuts
½ cup flaked coconut

Purée raspberries. Add egg whites, sugar, vanilla, and almond extract. Beat on high speed until mixture thickens and increases in volume. Fold in yogurt. Freeze mixture in metal bowl just until slightly firm, about 2-3 hours. Beat with electric mixer on high speed until smooth. Freeze again until firm, about 1-2 hours. Combine nuts and coconut in small dish. Microwave at High

continued on following page

HONOLULU
July 12-17, 1987
TV 14 DEDICATION RALLY
LeSEA TOURS has teamed up with Continental Airlines, the Hilton Hawaiian Village and Hawaiian Adventures to offer one of the very best tours you could ever take to the Island of Oahu.
The tour will be spending five nights and six days at the Hilton Hawaiian Village. Each room will be in the Tapa Tower of the Hilton with an ocean view. Enjoy fine restaurants and an international shopping village with over 100 shops.
TOUR INCLUDES
•Roundtrip airfare
•Transfer to hotel & airport in Honolulu
•Flower lei greeting
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The last four nights we will have meetings in the ballroom. Nationally known Christian speakers will deliver faith inspiring messages and Dr. Lester Sumrall will host the meetings.
Optional Tours:
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For a free brochure, call or write
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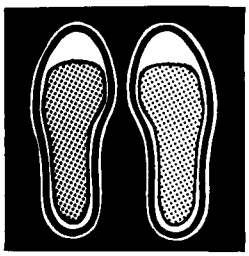
There's no reason for you to suffer with corns, calluses, hammertoes, bunions, or blisters. Sore, aching feet and throbbing knee pain can make your life miserable. For some people, their discomfort goes all the way up through their back and neck. It seems like when your feet hurt, you hurt all over.

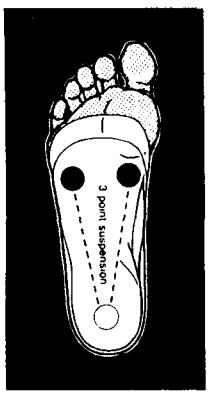
Now there's a *guaranteed* way to end this kind of needless foot pain—forever—with Flexible Featherspring® Foot Supports. Feathersprings are custom-formed foot supports developed in Europe and available here only by mail. From the very first day you slip a pair of Featherspring into your shoes, your foot pain will be *gone!* Your feet will feel better! . . . You will feel better! . . . Instantly! Try them in your own shoes with our no-risk, money-back guarantee. You can't lose! Here's why:



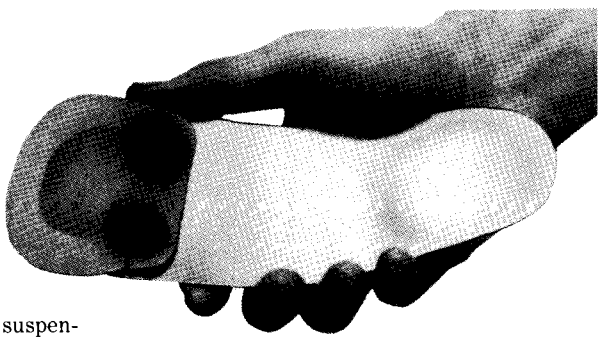
9 reasons why we can guarantee to end your foot pain . . . forever!

1 Featherspring are individually crafted by orthopedic technicians, from the highest quality Swedish stainless spring steel.

2 Featherspring are truly *hand-formed to fit each of* your feet from "footprints" you make in the privacy of your own home. Just as fingerprints vary, so do footprints. No two people's feet or foot problems are exactly alike. So it is imperative that proper foot supports be scientifically crafted to conform to each foot.



3 Through the exclusive use of stainless spring steel and a patented three-point suspension design; Featherspring *cushion* your feet against the pain and damage of impact shock. This relieves relentless downward pressure on toes and the aching pains of hammertoes, corns and calluses. Painful bunions, triggered when your toes are crowded and confined, seem to disappear instantly. Calluses on your soles that cause a burning sensation and corns that used to throb with each step you took are gone forever. Once again you walk normally, without pain; no more limping or hobbling.



4 The unique design of Featherspring Foot Supports provide all important elevation of the long and metatarsal arches. They softly cradle the heel and ball of your foot to conform to your foot's shape. The result: no more discomfort from sore aching feet. Featherspring also position your feet properly within your shoes ending slipping and sliding.

5 Featherspring are extremely lightweight. They weigh less than 2½ ounces each. Their stainless spring steel and soft rubber construction make them both sanitary and durable.

6 Each Featherspring Foot Support extends from your heel forward almost to your toes. By leaving your toes free, Featherspring give them the extra room they need. Your toes are never crowded or compressed. Instead, they're free to flex and bend comfortably, as nature intended.

7 Their unique suspension lets your feet move naturally. Unlike rigid supports, Featherspring give your feet proper support throughout its full range of motion, thereby eliminating pain.

8 Flexible Featherspring Foot Supports will end your foot pain no matter what shoes you wear. Best of all, one pair is all you'll ever need. Men and women, young and old all report no more foot pain with Featherspring.

9 Featherspring come to you with a money-back, risk-free guarantee. We're happy to let you try them for 60 days with no strings attached. If your feet don't feel better than ever before, if your pain isn't completely gone, we'll refund your money in full with no questions asked.

We've listed just nine reasons. You'll discover 365 reasons every year you wear them! So don't suffer pain and discomfort needlessly. If your feet hurt, Featherspring will help you. Send no money, simply fill out the coupon for free information. There is no obligation. No salesman will call.

SEND TODAY FOR FULL INFORMATION AND FREE HOME TRIAL

FEATHERSPRING INTERNATIONAL INC.
712 No. 34th St., Dept.SEP057
Seattle, WA 98103

YES! I'd like to learn how to end foot pain forever! Rush me your FREE packet. I will watch for a LARGE PINK ENVELOPE. I understand that there is no obligation and that no salesman will call.

Print Name _____

Address _____

City _____ State _____ Zip _____

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712 N. 34th St., Seattle, WA 98103

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(100%) until lightly toasted, 2-3 minutes; stir once. Cool and mold sorbet into balls using ice-cream scoop. Roll balls in chopped nuts and coconut.

Conventional preparation: Spread nuts and coconut on baking sheet. Bake in preheated 375° F. oven until toasted, 4-5 minutes; stir once or twice.

Turkey

continued from page 26

and Worcestershire sauce.) Trim turkey of any rind before cutting. Marinate turkey in half of dressing. Arrange lettuce, vegetables, and turkey on individual plates or serving platter. Dress salad immediately before serving.

Stir-fried Turkey and Asparagus

(Makes 3-4 servings)

1½ tablespoons dry sherry
2½ tablespoons low-sodium soy sauce
½ teaspoon ground ginger
3 garlic cloves, minced
1½ bunches green onions, white and green parts, thinly sliced (about ¾ cup)
1 pound raw, boneless, thinly sliced turkey breast
2 tablespoons oil
¼ to ½ pound fresh asparagus or green beans, cut into 1" slices
¼ pound sliced fresh mushrooms
¼ pound fresh bean sprouts
1 tablespoon lemon juice
Salt and pepper, if desired

In small bowl combine sherry, 1½ tablespoons soy sauce, ¼ teaspoon ginger, 1 clove minced garlic, ¼ cup green onions, and turkey. Refrigerate at least 30 minutes. Heat oil in wok or large skillet over medium-high heat; add remaining onions and garlic. Stir-fry about 30 seconds. Add asparagus; stir to coat. Stir in turkey and continue cooking until meat turns from pink to light brown. Stir in mushrooms and bean sprouts; cook 1 minute longer. Stir in remaining 1 tablespoon soy sauce and ¼ teaspoon ginger, plus lemon juice. Season to taste with salt and pepper, if desired. Serve immediately.

Turkey Parmigiana

(Makes 4 servings)

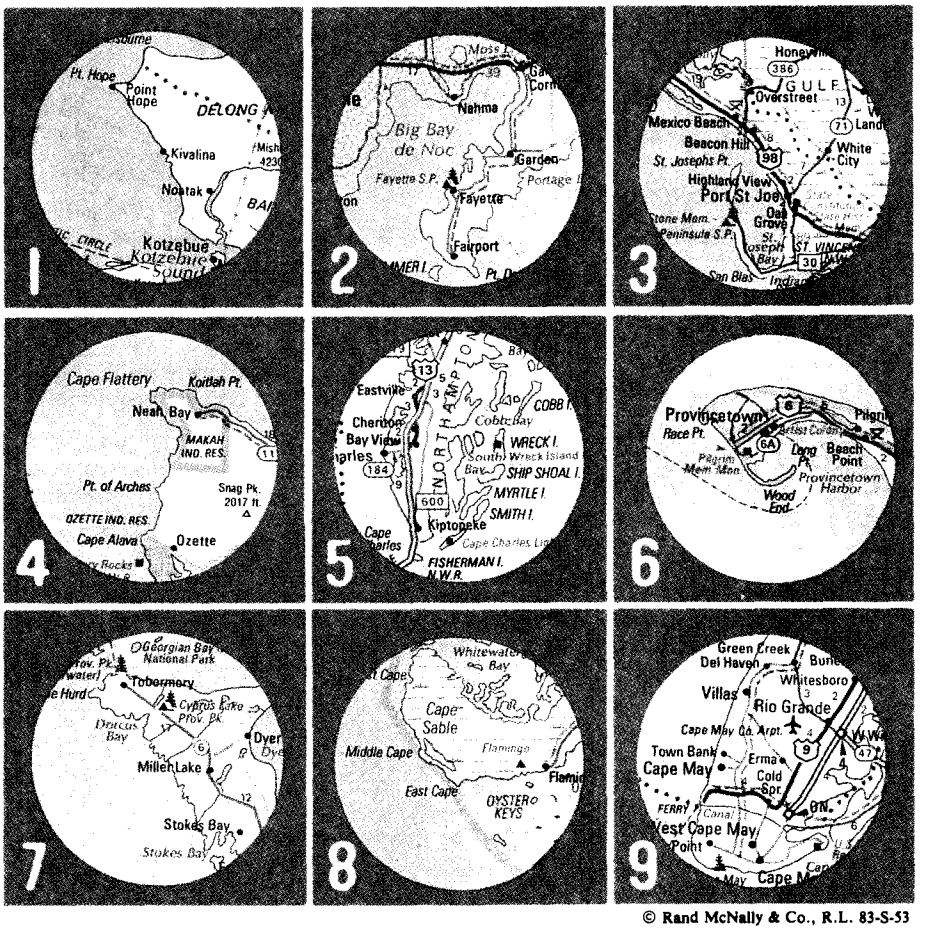
1 egg, slightly beaten
1 tablespoon skim milk
½ cup seasoned bread crumbs
2 tablespoons Parmesan cheese
1 pound turkey cutlets or slices, approximately ¼" thick (about 8-10 cutlets)
16-20 tablespoons bottled Italian cooking sauce (1 pint jar)
8-10 slices (⅔ oz. each) low-calorie mozzarella cheese

Combine egg and milk in dinner plate. Combine bread crumbs and Parmesan cheese in another. Dip cutlets into egg mixture and then into bread-crumb mixture. Arrange on greased jelly-roll pan (10"x15"x1"). Bake in preheated 400° F. oven 4-5 minutes. Remove; top each cutlet with 2 tablespoons Italian cooking sauce and 1 slice mozzarella cheese. Return to oven 4-5 minutes to heat sauce and melt cheese.

Turkey Ratatouille

(Makes 5-6 servings)

2-3 tablespoons corn oil
½ turkey breast, boned, skinned, and cut into 1" cubes (approximately 1¾ pounds meat)
½-¾ pound thinly sliced zucchini
¾-1 pound eggplant, cut into 1" cubes (pared, if desired)
1 large onion, thinly sliced (2 cups)
1 large green pepper, cut into 1" pieces (1 cup)
½ pound fresh, small, whole mushrooms
1 pound skinned tomatoes, cut into wedges, or 1 can (16 oz.) tomatoes, drained
1 teaspoon garlic salt



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? (Hint: Don't stick your neck out trying to guess.) If you or a friend finds the game too easy (but you won't), use the hint to discover the theme of this month's map game.

(Answers on page 111)

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1½ teaspoons Italian seasoning
1 tablespoon dried parsley
½ teaspoon pepper

In 5-quart saucepan, heat 2 tablespoons oil. Quickly sear turkey cubes (do not brown), processing in batches if necessary. Remove from pan. Add remaining oil. Stir in zucchini, eggplant, onion, green pepper, and mushrooms. Cook until vegetables are tender. Add tomatoes (if using canned tomatoes, stir to break up), seasonings, and turkey; simmer additional 5 minutes.

Tempting Turkey Broth
(Makes 4 servings)

Turkey bones left from cut-up whole turkey and any turkey skin
1 carrot, pared
Bit of parsley
1 or 2 stalks of celery
1 small onion
1 bay leaf
6 peppercorns

Put all ingredients into kettle. Cover with 6 cups water and bring to boil. Skim foam from surface; cover and simmer 1½-2 hours. Cool slightly and strain. Remove any fat from surface of broth. Pour into freezer containers and freeze for later use in preparing soup.

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WHERE DO YOU THINK YOU ARE?
(Answers from page 110)

1. Alaska 2. Michigan 3. Florida 4. Washington 5. Virginia 6. Massachusetts 7. Ontario 8. Florida 9. New Jersey

The Red Hot Ragtime Piano Of . . .

Jo Ann Castle

Star Pianist Of Lawrence Welk's TV Show!

22 Ragtime Hits on Records & Tape

I'M LOOKING OVER A FOUR LEAF CLOVER
ALABAMY BOUND
FRANKIE & JOHNNY
DILL PICKLES RAG
BILL BAILEY
HOT TIME IN THE OLD TOWN TONIGHT
MAPLE LEAF RAG
WANG WANG BLUES
BLACK & WHITE RAG
SPAGHETTI RAG
PAGAN LOVE SONG
DOWN HOME RAG
SWEET GEORGIA BROWN
TICKLE THE IVORIES RAG
THE DAYS OF OLD VAUDEVILLE
IN A SHANTY IN OLD SHANTY TOWN
THE SHEIK OF ARABY
DOWN YONDER
BABY FACE
SKATER BOOGIE
DOWN AMONG THE SHELTERING PALMS
WHEN YOU & I WERE YOUNG MAGGIE

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THE 700 CLUB PRESENTS LIFECARE DIGEST

Mental Floss

Mental illness can be caused by very real diseases that require professional treatment. Discover the signs and symptoms of an unhealthy state of mind and know when to seek professional help.

Why Knot?

There's more to arthritis than aches and pains. Variations of this debilitating disease include infectious, gouty and rheumatoid arthritis. An expert will discuss the individual symptoms and treatment.

Bone Up On Calcium

Postmenopausal, calcium deficient women are at high risk for broken hips, and within a year, one-third

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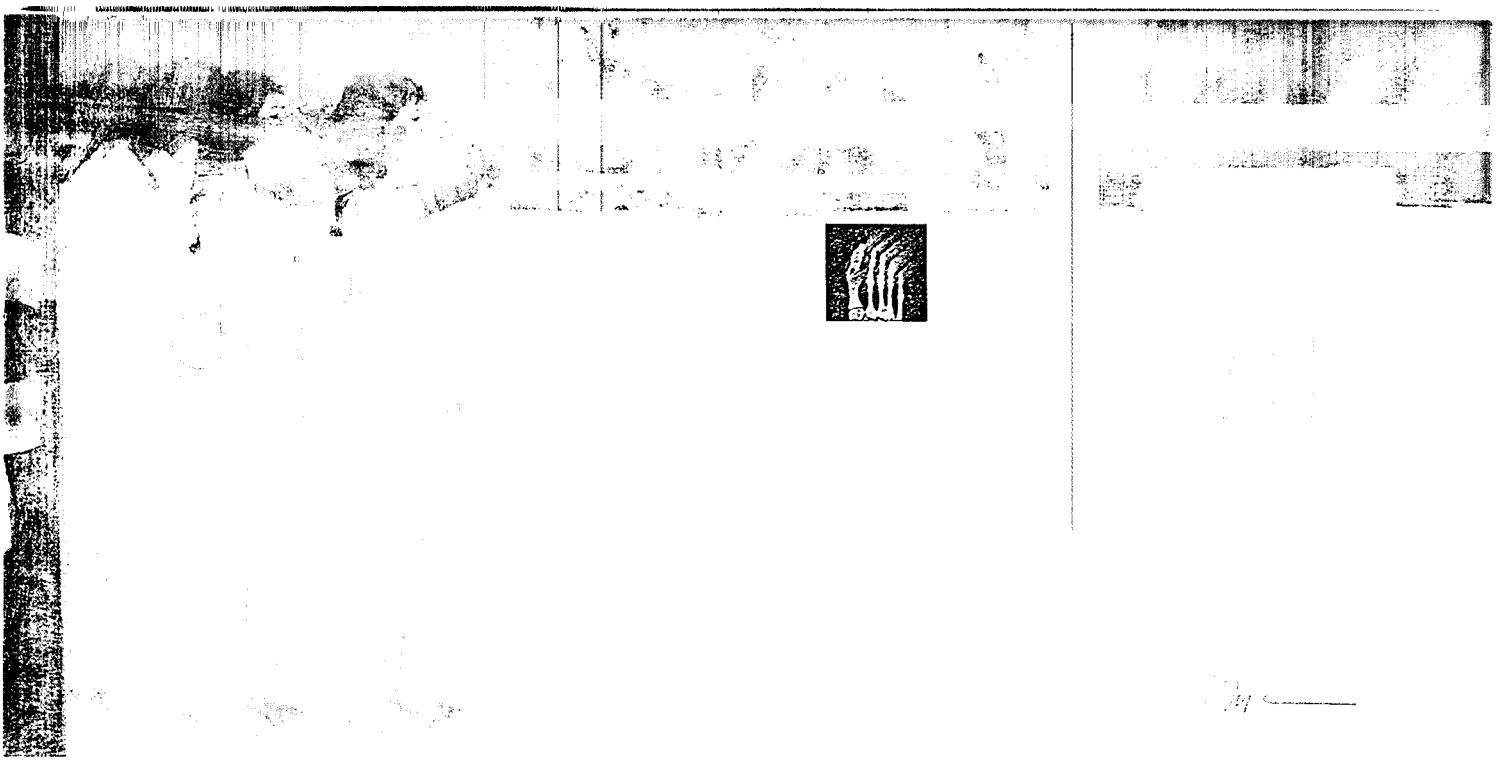

eventually die. Learn how to prevent or treat osteoporosis with hormone and calcium supplements.

Scratching The Surface

Scrapes, stings, scratches, and other superficial mishaps don't have to make your child's summer miserable. First aid tips can take the "ouch" out of garden snake bites, bee stings and poison ivy.

Head Strong

Don't knock yourself out over a headache. Fight the pain with new medications and biofeedback treatments.

Homeward Born

Birthing babies is not without its complications. It's much safer in a hospital. Bring your bundle of joy into the best of both worlds: a hospital birthing room with a professional staff available.

Prenatal Preview

Snatch a sneak peek at your baby before it's born. The technological advances of ultrasound enable the expectant mother and obstetrician to learn the baby's age, health, gender, and even added surprises such as twins and triplets.

A Rest For The Wrist

Carpal Tunnel Syndrome can put a tight squeeze on the wrist. Electronic diagnostic tests reveal the compressed nerve and allow doctors to recommend treatment or surgery to give the wrist a rest from pain.

The 700 Club
TV JOURNALISM WITH A DIFFERENT SPIRIT
Check your local listings for time and station

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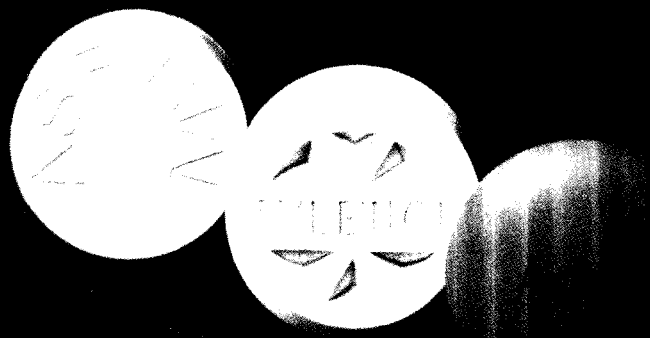
For arthritis pain, more and more doctors and pharmacists recommend Advil®



Today pharmacists are recommending Advil for minor arthritis pain more than any brand of pain reliever. And doctors trust Advil so much that they've recommended it over five million times for body aches, headaches, minor arthritis pain and other kinds of pain.

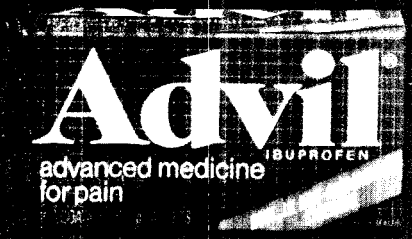
"When the pain in my fingers starts, I don't take aspirin anymore."

Advil is a completely different alternative to both aspirin and Tylenol® because it contains a nonprescription strength of ibuprofen. That's the medicine in the prescription brand Motrin,® the product of another company. Just one Advil is as effective as two regular-strength Tylenol or two regular aspirin. Yet Advil is gentler to the stomach than aspirin.

Before taking any medicine, read the label carefully and follow directions.

Over fifty million people have already taken Advil. Shouldn't you? Try Advil tablets or new caplets.

After all, it's the pain reliever more and more doctors and pharmacists recommend.



ADVANCED MEDICINE FOR PAIN™
from Whitehall Laboratories

For headaches, minor arthritis pain, menstrual cramps, backache, muscle ache, fever.

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